WORKOUT FIVE

PRESENTED BY 5.11

9 MIN AMRAP

5-7-9-11-13

Burpee Pull Ups

Deadlifts

THEN

Max Bar Muscle Ups in remaining time

WEIGHTS PER DIVISION	MODIFIED VERSION
ELITE/RX, 35-39, 40-44, Barbell: 315, 205 lb (143, 93 kg) **INTERMEDIATE/OPEN** **16-18, 45-49, 50-54, 55+, MASTERS PAIRS/TEAMS** Barbell: 285, 175 lb (129, 79 kg) **13-15** Barbell: 225, 155 lb (102, 70 kg)	**9 MIN AMRAP** 5-7-9-11-13 Bar Facing Burpees Deadlifts THEN Max Pull Ups in remaining time Barbell: 185, 135 lb (84, 61 kg)

WORKOUT FIVE

PRESENTED BY 5.11

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

WORKOUT FLOW

- Start standing underneath your pull-up bar
    - Modified division athletes start with their backs to the barbell
- At “go,” complete the following in order:
    - 5 burpee pull ups (or bar facing burpees for the modified division), then 5 deadlifts
    - 7 burpee pull ups, then 7 deadlifts
    - 9 burpee pull ups, then 9 deadlifts
    - 11 burpee pull ups, then 11 deadlifts
    - 13 burpee pull ups, then 13 deadlifts
- After the final deadlift, complete as many bar muscle-ups (or pull ups for the modified division) as possible in the remaining time
- The workout ends at 9 minutes

NOTES

- All athletes, except modified divisions, must use the same bar for the burpee pull ups and bar muscle ups
    - Any muscle ups completed on a different bar than the burpee pull ups, will not count and will result in a no-rep
- Athletes may not receive assistance managing/moving their barbell
- Gymnastics grips and tape are permitted for the gymnastics movements
- Grips must be removed or turned around while performing the deadlifts

SCORE

- Your score is the total reps completed within 9 minutes, including burpee pull-ups, deadlifts, and bar muscle-ups
    - Modified division: Score is the total reps completed within 9 minutes, including bar facing burpees, deadlifts, and pull ups.

TEAMS / PAIRS

- Total Team / Pair score will be a combination of each athlete's final score
- **Example:**
    - Athlete A: 97 reps | Athlete B: 88 reps | Athlete C: 110 reps
    - Team’s Total Score (calculated by Competition Corner): 295 reps

TIEBREAK

- Record a tiebreak time after the 13th deadlift in the round of 13 (at 90 reps)
    - If athletes get time capped prior to 90 reps, your tiebreak time is 9:00.
- If athletes have the same score, the faster tiebreak time wins.

EQUIPMENT

- Pull-Up Bar
  - ***The same bar must be used for both gymnastics movements***
- Barbell
  - Men are required to use a 45-lb (20-kg) barbell.
  - Women are required to use a 35-lb (15-kg) barbell.
- Bumper plates
  - Must be standard bumper plates 18 inches (45 centimeters) in diameter.
- Collars

MOVEMENT STANDARDS

BURPEE PULL UP

Bar Height

- Stand beneath the bar with arms fully extended overhead and thumbs touching each other
- The bar must be above the athlete's reach.
- **NOTE:** For all divisions except modified, the same bar must be used for the burpee pull up that is used for the bar muscle up.

Start of Rep

- Lie beneath the pull up bar with chest and thighs touching the ground

During the Rep

- Stepping or jumping into and out of the bottom of the burpee is permitted
- After the burpee, jump to the bar and perform a pull-up
- Athletes may jump directly into the pull-up or begin from a dead hang
- Strict, kipping, and butterfly pull-ups are permitted

Completion of Rep

- The chin is clearly above the pull-up bar

DEADLIFT

Start of Rep

- Barbell on the ground
- Athletes positioned with hands outside the knees

During the Rep

- Hands must remain outside the legs
  - Any grip style is permitted as long as the hands are outside the legs
  - Sumo deadlifts are NOT permitted
- Deliberate bouncing is NOT permitted
- If athletes are wearing gymnastics grips, they must be removed or turned around when performing the deadlifts. Lifting straps are not permitted.

Completion of Rep

- Hips and knees reach full extension
- Shoulders clearly behind the barbell

BAR MUSCLE UP

Start of Rep

- Athletes hang with arms fully extended
- Feet off the ground

During the Rep

- Pullovers, rolls to support, uprises, and glide kips are not permitted
- Feet may not rise above the height of the bar during the kip
- Only the hands may contact the bar; no other part of the arm may assist
- Removing the hands from the bar at the top is not permitted
- Resting at the top with hands on the bar is permitted
- Grip adjustments at the top are permitted

Completion of Rep

- Arms fully locked out in the support position above the bar
- Shoulders over or in front of the bar

BAR FACING BURPEES (MODIFIED)

Start of Rep

- Athlete facing the barbell with the chest and thighs touching the ground
- The body within the width of the barbell's plates

During the Rep

- Stepping or jumping into and out of the bottom of the burpee is permitted
- Both hands must leave the ground before jumping over the barbell
- A two-foot takeoff is not required, but both feet must be in the air at the same time
- Stepping over the barbell is not permitted
- After a no-rep, repeat the entire movement from either side, facing the barbell

Completion of Rep

- When both feet touch the ground on the opposite side of the barbell

PULL UP (MODIFIED)

Start of Rep

- Athletes hanging with arms fully extended
- Feet off the ground

During the Rep

- Any grip or pull-up style is permitted

Completion of Rep

- The chin clearly above the pull-up bar

EXTRA

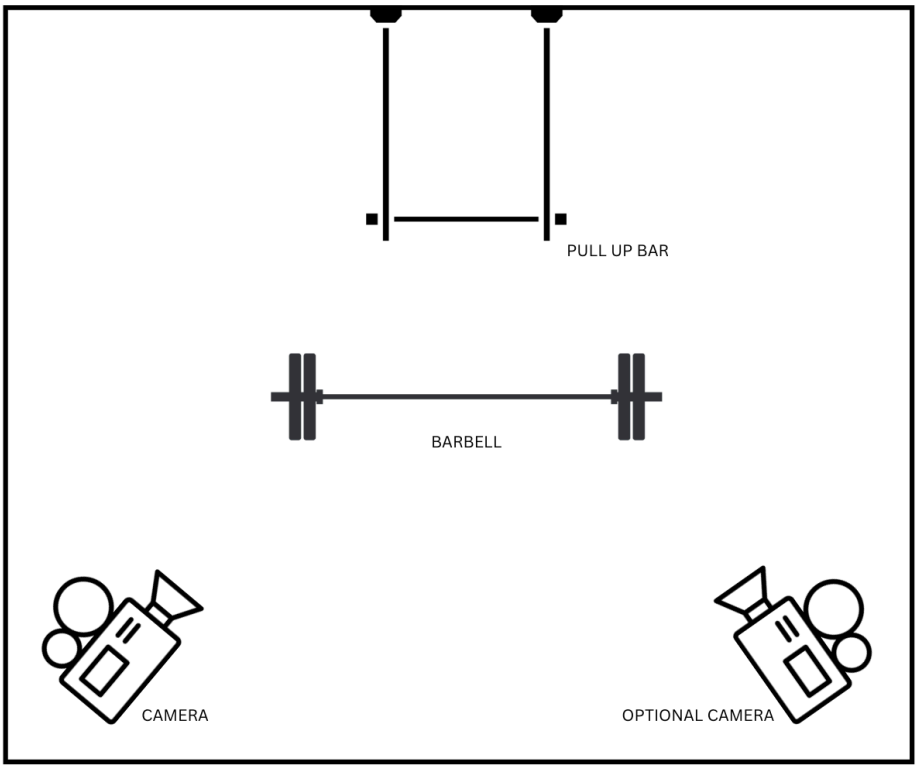
Position and/or move the camera so all movement standards can be clearly verified throughout the workout.

FILMING STANDARDS

- Clearly state or show your name, division, and workout on camera.
    - You may also write information out and show it to the camera at the start of the video.
- Show all required competition area measurements, equipment loads, and heights clearly.
- Record the entire workout in one continuous, unedited video.
- Keep a clock or timer visible throughout the workout.
- Position the camera so all movements and required standards can be clearly verified.
- Videos filmed with a fisheye or similar lens may be rejected.
- Failure to meet these standards may result in a penalty or invalidation of the video.

Video submission is required for athletes seeking a spot through qualification, backfill spots, or Open Registration.

LAYOUT IS RECOMMENDED, NOT REQUIRED
TAP FOR VIDEO SUBMISSION GUIDELINES



WORKOUT FIVE

PRESENTED BY 5.11

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

ALL DIVISIONS		
5 BURPEE PULL UP	5	
5 DEADLIFTS	10	
7 BURPEE PULL UP	17	
7 DEADLIFTS	24	
9 BURPEE PULL UP	33	
9 DEADLIFTS	42	
11 BURPEE PULL UP	53	
11 DEADLIFTS	64	
13 BURPEE PULL UP	77	
13 DEADLIFTS	90	TIME
MAX BAR MUSCLE UP		
REPS AT 9 MIN		
TIEBREAK TIME		

WORKOUT FIVE

PRESENTED BY 5.11

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

MODIFIED		
5 BAR FACING BURPEES	5	
5 DEADLIFTS	10	
7 BAR FACING BURPEES	17	
7 DEADLIFTS	24	
9 BAR FACING BURPEES	33	
9 DEADLIFTS	42	
11 BAR FACING BURPEES	53	
11 DEADLIFTS	64	
13 BAR FACING BURPEES	77	
13 DEADLIFTS	90	TIME
MAX PULL UPS		
REPS AT 9 MIN		
TIEBREAK TIME		

WORKOUT FIVE

PRESENTED BY 5.11

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

SUBMIT INDIVIDUAL SCORE	SUBMIT PAIRS/TEAMS SCORE
SCORES DUE MON, NOV 16 @ 8:00PM ET VIA COMPETITION CORNER	

SUBMISSION CHECKLIST

- [ ] Is your score entered correctly in Competition Corner?
- [ ] Did you submit your score before Monday, November 16 @ 8:00pm ET?

WHEN SUBMITTING A VIDEO

- [ ] Is this the correct video for this workout?
- [ ] Is it playable, publicly viewable, and free of copyright issues?
- [ ] Did you clearly state or show your name, division, and workout?
- [ ] Is a clock or timer clearly visible throughout the workout?
- [ ] Are all required measurements and weights clearly shown and stated?
- [ ] Can all movements be clearly verified against WZA's movement standards?
- [ ] Is the camera's view unobstructed?
- [ ] Is the video continuous and unedited?