



WEEK 4 – QUALIFIER WORKOUT 5

— 14 MIN AMRAP —

(AsRx, Masters 35-39, Masters 40-44, Masters 45-49, Masters 50-54, Teen)

Athlete Name: _____

Division Competing: _____

Reps

70 Double-Unders	70
7 Ring Muscle-ups	77
7 Snatches	84
70 Double-Unders	154
7 Ring Muscle-ups	161
7 Snatches	168
70 Double-Unders	238
7 Ring Muscle-ups	245
7 Snatches	252

70 Double-Unders	322
7 Ring Muscle-ups	329
7 Snatches	336
70 Double-Unders	406
7 Ring Muscle-ups	413
7 Snatches	420
70 Double-Unders	490
7 Ring Muscle-ups	497
7 Snatches	504

Total Reps

Presented By:



Sponsored By:





WEEK 4 – QUALIFIER WORKOUT 5

— 14 MIN AMRAP —
 (Masters 55+)

Athlete Name: _____ Division Competing: _____

Reps

70 Double-Unders	70
7 Chest-to-bar Pull-ups	77
7 Snatches	84
70 Double-Unders	154
7 Chest-to-bar Pull-ups	161
7 Snatches	168
70 Double-Unders	238
7 Chest-to-bar Pull-ups	245
7 Snatches	252

70 Double-Unders	322
7 Chest-to-bar Pull-ups	329
7 Snatches	336
70 Double-Unders	406
7 Chest-to-bar Pull-ups	413
7 Snatches	420
70 Double-Unders	490
7 Chest-to-bar Pull-ups	497
7 Snatches	504

Total Reps

Presented By:



Sponsored By:





WEEK 4 – QUALIFIER WORKOUT 5
– 14 MIN AMRAP –
 (Scaled)

Athlete Name: _____ Division Competing: _____

Reps

70 Single-Unders	70
7 Pull-ups	77
7 Snatches	84
70 Single-Unders	154
7 Pull-ups	161
7 Snatches	168
70 Single-Unders	238
7 Pull-ups	245
7 Snatches	252

70 Single-Unders	322
7 Pull-ups	329
7 Snatches	336
70 Single-Unders	406
7 Pull-ups	413
7 Snatches	420
70 Single-Unders	490
7 Pull-ups	497
7 Snatches	504

Total Reps

Presented By:



Sponsored By:





WEEK 4 – QUALIFIER WORKOUT 5

6.30.16 7 PM CDT – 7.4.16 7 PM CDT

AsRX, Masters 35-39

14 minutes:
70 double-unders
7 ring muscle-ups
7 snatches (155/105lbs)

Teen, Masters 50-54

14 minutes:
70 double-unders
7 ring muscle-ups
7 snatches (95/65lbs)

Scaled

14 minutes:
70 single-unders
7 pull-ups
7 snatches (75/55lbs)

Masters 40-49

14 minutes:
70 double-unders
7 ring muscle-ups
7 snatches (135/95lbs)

Masters 55+

14 minutes:
70 double-unders
7 chest-to-bar pull-ups
7 snatches (75/55lbs)

EQUIPMENT

To complete this workout, you will need:

- Jump rope
- Set of gymnastic rings hung so you can successfully perform a muscle-up
- Pull up bar (Masters 55+ & Scaled divisions only)
- One barbell
 - *For the purpose of this competition, 15-kg barbells will be considered to be 35 lb., and 20-kg barbells will be considered to be 45 lb.*
- Collars
- Plates

NOTES

This workout begins with the athlete holding their jump rope and the barbell loaded to the appropriate weight. After 70 double unders are completed, the athlete will move to the rings to perform 7 muscle ups, and then to the barbell to complete 7 snatches. After the 7 reps are completed, they will move back to the jump rope and begin the next round.

Every rep counts in this workout. Credit will be given for partially completed rounds. Your score will be the total reps completed in the 14 minute time cap.

All athletes should carefully review the workout standards for movement, rep and load variations across divisions.

MOVEMENT STANDARDS

JUMP ROPE: DOUBLE UNDERS/SINGLE UNDERS

This is a standard double-under in which the rope passes under the feet twice for each jump. **FOR SCALED**, this is a single pass for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

RING MUSCLE UP

In the muscle up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip'), and the feet off the ground. At the top, elbows must be fully locked out while supporting yourself above the rings. Control must be showed at the top.

Pushing away from the rings before establishing lock out at the top will result in a **NO REP**



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6.30.16 7 PM CDT – 7.4.16 7 PM CDT

Kipping the muscle up is acceptable, however swings or rolls to support are not permitted. If consecutive kipping muscle ups are performed, a change of direction below the rings is required.

If the heels rise above the bottom of the rings during the kip, it is a **NO REP**

SNATCH

In the snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet in line with the hips. A clean and jerk is not permitted. A press from overhead will be allowed as long as the bar does not come in contact with the athlete's head or shoulders.

A clean and jerk is **NOT ALLOWED**.

A press from overhead **IS ALLOWED** as long as the bar does not come in contact with the athlete's head or shoulders.

CHEST TO BAR PULL UPS (55+)

This is a standard chest to bar pull up. Dead hang, kipping or butterfly pull ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chest must clearly come into contact with the bar, below the collarbone.

PULL UPS (Scaled)

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all requirements are met. Any grip is allowed, as long as the arms are fully extended at the bottom. At the top, the chin must break the horizontal plane of the bar.

VIDEO SUBMISSION STANDARDS

Please note that a video is not required to be uploaded when submitting your score. Please see our FAQ page for details on the video submission process for top qualifying athletes after the Qualifier is complete

Prior to starting the workout, state your name and division. Film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions must be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be at an angle that can confirm the movement standard requirements listed above.

Depending on the layout of your gym, another person may be needed to move the camera during the workout. The athlete **MUST** remain in the frame through the entire workout.

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.