



WEEK 3 - QUALIFIER WORKOUT 4

6.21.17 7 PM CDT - 6.26.17 7 PM CDT

ATHLETE NAME:

COMMUNITY NAME:

10 MINUTE AMRAP

6 ring muscle-ups
12 shoulder to overhead
15 burpee box jump overs

ROUND	RING MUSCLE-UPS*	SHOULDER TO OVERHEAD	BURPEE BOX JUMP OVERS*
1	6	18	33
2	39	51	66
3	72	84	99
4	105	117	132
5	138	150	165

ROUND	RING MUSCLE-UPS*	SHOULDER TO OVERHEAD	BURPEE BOX JUMP OVERS*
6	171	183	198
7	204	216	231
8	237	249	264
9	270	282	297
10	303	315	330

TOTAL REPS

ASRX

SCALED

ALL DIVISIONS

ASRX (AGES 19-44)

10 MINUTE AMRAP
6 ring muscle-ups
12 shoulder to overhead (155/105)
15 burpee box jump overs (24/20)

TEEN (AGES 14-18), MASTERS (AGES 45-54)

10 MINUTE AMRAP
6 ring muscle-ups
12 shoulder to overhead (115/80)
15 burpee box jump overs (24/20)

MASTERS (AGES 55+)

10 MINUTE AMRAP
6 chest-to-bar pull-ups
12 shoulder to overhead (95/65)
15 burpee box step overs (24/20)

SCALED (AGES 19-44)

10 MINUTE AMRAP
6 pull-ups
12 shoulder to overhead (95/65)
15 burpee box step overs (24/20)

SCALED TEEN (AGES 14-18), SCALED MASTERS (AGES 45-54)

10 MINUTE AMRAP
6 pull-ups
12 shoulder to overhead (75/55)
15 burpee box step overs (24/20)

SCALED MASTERS (AGES 55+)

10 MINUTE AMRAP
6 pull-ups
12 shoulder to overhead (65/45)
15 burpee box step overs (24/20)

Presented By:

ROGUE®



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EQUIPMENT

To complete this workout you will need:

- Gymnastics rings
- Pull-up bar
- One barbell
- Collars
- Plates
- Plyo box

NOTES

The athlete will perform 6 ring muscle ups, then move to the barbell and complete 12 shoulder to overhead, then to the box to perform 15 burpee box jump overs. After 15 reps, the athlete will move back to the rings and begin their next round. Your score will be the total number of repetitions completed within the 10-minute time cap.

Pushing away from the rings before establishing lock out at the top will result in a **NO REP**. If the heels rise above the bottom of the rings during the kip, it is a **NO REP**. Use of a rack is **NOT ALLOWED** for the shoulder to overhead. On the shoulder to overhead, if a split jerk is used and the athlete fails to return the feet to center before lowering the bar, it will be a **NO REP**. Swings or rolls to support are not permitted. If consecutive kipping muscle ups are performed, a change of direction below the rings is required.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions should 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 shot from an angle so that all required movements are visibly clear on each rep.

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.

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— MOVEMENT STANDARDS —



RING MUSCLE-UPS

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. Kipping muscle ups are acceptable.



CHEST-TO-BAR PULL-UPS

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. Any grip is allowed, as long as the arms are fully extended at the bottom, and feet are off the ground. At the top, the chest, **must clearly come into contact** with the bar, below the collarbone.



PULL-UPS

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.

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– MOVEMENT STANDARDS –



SHOULDER TO OVERHEAD

The barbell begins on the ground. Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out over the center of the body. A shoulder press, push press, push jerk and/or split jerk may be used, as long as the weight is fully locked out overhead with the hips, knees and arms fully extended with the bar directly over the middle of the body and the feet back in line with the hips.



BURPEE BOX JUMP OVER/STEP OVERS

The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

In the box jump-over, there is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

In the box step-over, there is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box, and then jump or step down on the other side. The athlete may also jump completely over the box, in which the feet must go over the box, not around it.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

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