



WEEK 2 – QUALIFIER WORKOUT 3

6.20.18 7PM CDT – 6.25.18 7PM CDT

– RX –

ATHLETE NAME

MEN

12 MINUTE CAP

3 Rounds for time
 12 Chest to Bar Pull-ups
 12 Alt. Dumbbell Snatches (50lb)

IMMEDIATELY FOLLOWED BY

3 Rounds for time
 12 Bar Muscle Ups
 12 Alt. Dumbbell Snatches (50lb)

12 Chest to Bar Pull-ups	12
12 Alt. Dumbbell Snatches	24

12 Chest to Bar Pull-ups	36
12 Alt. Dumbbell Snatches	48

12 Chest to Bar Pull-ups	60
12 Alt. Dumbbell Snatches	72

TIEBREAK TIME

MIN	SEC
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WOMEN

12 MINUTE CAP

3 Rounds for time
 12 Chest to Bar Pull-ups
 12 Alt. Dumbbell Snatches (35lb)

IMMEDIATELY FOLLOWED BY

3 Rounds for time
 12 Bar Muscle Ups
 12 Alt. Dumbbell Snatches (35lb)

12 Bar Muscle-ups	84
12 Alt. Dumbbell Snatches	96

12 Bar Muscle-ups	108
12 Alt. Dumbbell Snatches	120

12 Bar Muscle-ups	132
12 Alt. Dumbbell Snatches	144

FINAL TIME (add penalty if applicable)

//Your score is **COMPLETED TIME** or if time capped, **ADD 1 SECOND** for every **MISSED REP** to the **12MIN** time cap//

Presented by:





WEEK 2 – QUALIFIER WORKOUT 3

6.20.18 7PM CDT – 6.25.18 7PM CDT

– INTERMEDIATE –

ATHLETE NAME

MEN

12 MINUTE CAP

3 Rounds for time

12 Pull-Ups

12 Alt. Dumbbell Snatches (50lb)

IMMEDIATELY FOLLOWED BY

3 Rounds for time

8 Chest To Bar Pull-Ups

12 Alt. Dumbbell Snatches (50lb)

12 Pull-ups	12
12 Alt. Dumbbell Snatches	24

12 Pull-ups	36
12 Alt. Dumbbell Snatches	48

12 Pull-ups	60
12 Alt. Dumbbell Snatches	72

TIEBREAK TIME

MIN SEC

WOMEN

12 MINUTE CAP

3 Rounds for time

12 Pull-Ups

12 Alt. Dumbbell Snatches (35lb)

IMMEDIATELY FOLLOWED BY

3 Rounds for time

8 Chest To Bar Pull-Ups

12 Alt. Dumbbell Snatches (35lb)

8 Chest to Bar Pull-ups	80
12 Alt. Dumbbell Snatches	92

8 Chest to Bar Pull-ups	100
12 Alt. Dumbbell Snatches	112

8 Chest to Bar Pull-ups	120
12 Alt. Dumbbell Snatches	132

FINAL TIME (add penalty if applicable)

//Your score is **COMPLETED TIME** or if time capped, **ADD 1 SECOND** for every **MISSED REP** to the **12MIN** time cap//

Presented by:



WORKING AGAINST GRAVITY



WEEK 2 – QUALIFIER WORKOUT 3

6.20.18 7PM CDT – 6.25.18 7PM CDT

– SCALED –

ATHLETE NAME

MEN

12 MINUTE CAP

3 Rounds for time

12 Jumping Pull-Ups

12 Alt. Dumbbell Snatches (35lb)

IMMEDIATELY FOLLOWED BY

3 Rounds for time

8 Pull-Ups

12 Alt. Dumbbell Snatches (35lb)

12 Jumping Pull-ups	12
12 Alt. Dumbbell Snatches	24

12 Jumping Pull-ups	36
12 Alt. Dumbbell Snatches	48

12 Jumping Pull-ups	60
12 Alt. Dumbbell Snatches	72

TIEBREAK TIME

MIN SEC

WOMEN

12 MINUTE CAP

3 Rounds for time

12 Jumping Pull-Ups

12 Alt. Dumbbell Snatches (20lb)

IMMEDIATELY FOLLOWED BY

3 Rounds for time

8 Pull-Ups

12 Alt. Dumbbell Snatches (20lb)

8 Pull-ups	80
12 Alt. Dumbbell Snatches	92

8 Pull-ups	100
12 Alt. Dumbbell Snatches	112

8 Pull-ups	120
12 Alt. Dumbbell Snatches	132

FINAL TIME (add penalty if applicable)

MIN SEC

//Your score is **COMPLETED TIME** or if time capped, **ADD 1 SECOND** for every **MISSED REP** to the **12MIN** time cap//

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EQUIPMENT

To complete this workout you will need:

- Dumbbell
- Pull-up Bar
 - Box for Jumping Pull-ups

NOTES

Athletes begin standing under their pull-up bar. At the start of the timer, the athlete will complete 12 of either: chest to bar pull-ups, pull-ups, or jumping pull-ups (*see division standards for specific movement requirement across divisions*). After their 12th rep, the athlete will then move to their dumbbell and compete 12 alternating dumbbell snatches (*see division standards for weight requirements across divisions*). After their 12th rep, they will repeat for two more rounds (*please note a TIEBREAK TIME after the first 3 rounds*). Once done with the third round, the athlete will immediately move into 12 or 8 of either: bar muscle ups, chest to bar pull-ups, or pull-ups (*see division standards for specific movement requirement across divisions*). Once their 12th or 8th rep, the athlete will then move to their dumbbell and compete 12 alternating dumbbell snatches. After their 12th rep, they will repeat two more rounds.

The score for this workout is for time. Please use an **ascending clock** starting at 0:00 and finishing at 12:00. Do not round up partial seconds. If you do not complete the workout, your score will be completed reps.

VIDEOS SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stop watch, or a WOD clock will need to be visible through the entire workout. Video should be shot so dumbbell, jumping pull-up, pull-up, chest to bar pull-up, and bar muscle-up movement standards are clear for 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.

Presented by:

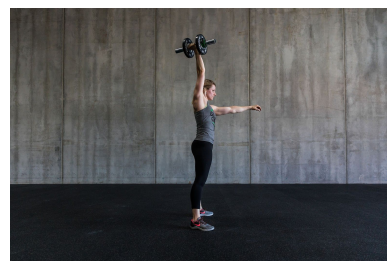
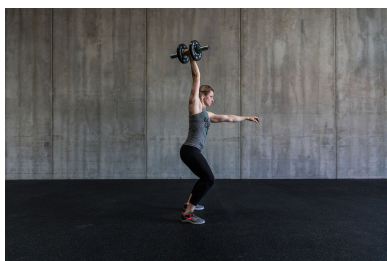
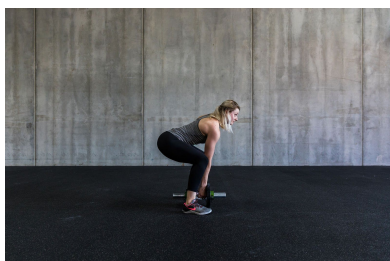




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– MOVEMENT STANDARDS –



Alternating Dumbbell Snatches

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete reaches lock-out, the repetition will count. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.



Jumping Pull-ups

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall. At the bottom, the athlete must lower themselves so their arms are fully extended. At the top, the chin must break the horizontal plane of the bar.

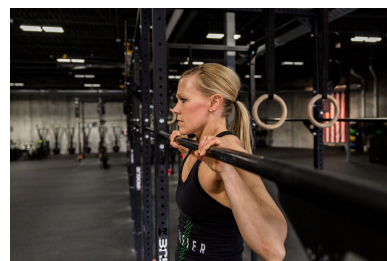
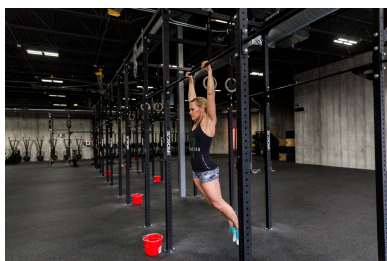
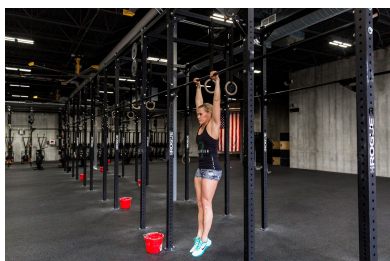
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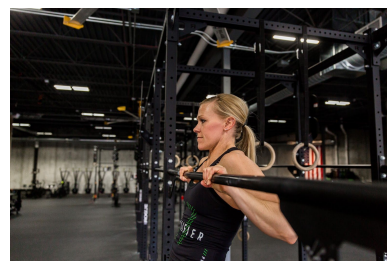
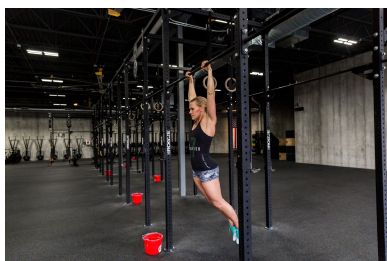
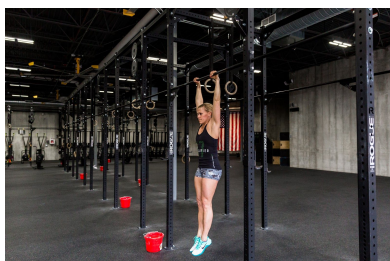
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Pull-ups

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.



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. At the top, the chest **MUST CLEARLY COME INTO CONTACT** with the bar, below the collarbone.

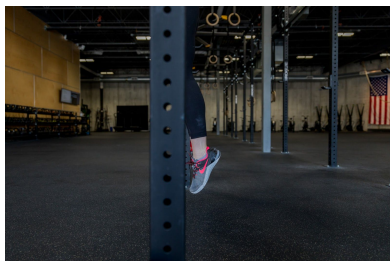
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Bar Muscle-ups

In the bar muscle-up, the athlete must begin with, or pass through, a hanging position below the bar. Arms must be fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top of the movement, the elbows, must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of the dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

Presented by:

