



WEEK 3 – QUALIFIER WORKOUT 5

6.27.18 7PM CDT – 7.2.18 7PM CDT

– RX –

ATHLETE NAME

2 ROUNDS

1

2

6 Ring Muscle Ups	6	42
12 Deadlifts (225/155)	18	54
18 Box Jump Overs	36	72

2 ROUNDS

3

4

4 Ring Muscle Ups	76	100
8 Deadlifts (315/205)	84	108
12 Box Jumps Overs	96	120

2 ROUNDS

5

6

2 Ring Muscle Ups	122	136
4 Deadlifts (365/235)	126	140
8 Box Jumps Overs	134	148

MEN

18-MINUTE CAP

2 Rounds:

6 Ring Muscle Ups

12 Deadlifts (225lb)

18 Box Jump Overs (24")

2 Rounds:

4 Ring Muscle Ups

8 Deadlifts (315lb)

12 Box Jump Overs (24")

2 Rounds:

2 Ring Muscle Ups

4 Deadlifts (365lb)

8 Box Jump Overs (24")

WOMEN

18-MINUTE CAP

2 Rounds:

6 Ring Muscle Ups

12 Deadlifts (155lb)

18 Box Jump Overs (20")

2 Rounds:

4 Ring Muscle Ups

8 Deadlifts (205lb)

12 Box Jump Overs (20")

2 Rounds:

2 Ring Muscle Ups

4 Deadlifts (235lb)

8 Box Jump Overs (20")

TOTAL TIME

(IF COMPLETED)

	MIN	SEC
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OR

TOTAL REPS

(IF NOT COMPLETED)

	REPS
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WEEK 3 – QUALIFIER WORKOUT 5

6.27.18 7PM CDT – 7.2.18 7PM CDT

– INTERMEDIATE –

ATHLETE NAME _____

2 ROUNDS

1

2

6 Chest to Bar Pull Ups	6	42
12 Deadlifts (185/125)	18	54
18 Box Jump Overs	36	72

2 ROUNDS

3

4

4 Chest to Bar Pull Ups	76	100
8 Deadlifts (275/185)	84	108
12 Box Jumps Overs	96	120

2 ROUNDS

5

6

2 Chest to Bar Pull Ups	122	136
4 Deadlifts (315/215)	126	140
8 Box Jumps Overs	134	148

MEN

18-MINUTE CAP

2 Rounds:

- 6 Chest to Bar Pull Ups
- 12 Deadlifts (185lb)
- 18 Box Jump Overs (24")

2 Rounds:

- 4 Chest to Bar Pull Ups
- 8 Deadlifts (275lb)
- 12 Box Jump Overs (24")

2 Rounds:

- 2 Chest to Bar Pull Ups
- 4 Deadlifts (315lb)
- 8 Box Jump Overs (24")

WOMEN

18-MINUTE CAP

2 Rounds:

- 6 Chest to Bar Pull Ups
- 12 Deadlifts (125lb)
- 18 Box Jump Overs (20")

2 Rounds:

- 4 Chest to Bar Pull Ups
- 8 Deadlifts (185lb)
- 12 Box Jump Overs (20")

2 Rounds:

- 2 Chest to Bar Pull Ups
- 4 Deadlifts (215lb)
- 8 Box Jump Overs (20")

TOTAL TIME
(IF COMPLETED)

	MIN	SEC
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OR

TOTAL REPS
(IF NOT COMPLETED)

	REPS
--	------

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WEEK 3 – QUALIFIER WORKOUT 5

6.27.18 7PM CDT – 7.2.18 7PM CDT

– SCALED –

ATHLETE NAME _____

2 ROUNDS

1

2

6 Pull Ups	6	42
12 Deadlifts (135/95)	18	54
18 Step Up and Overs	36	72

2 ROUNDS

3

4

4 Pull Ups	76	100
8 Deadlifts (185/125)	84	108
12 Step Up and Overs	96	120

2 ROUNDS

5

6

2 Pull Ups	122	136
4 Deadlifts (225/155)	126	140
8 Step Up and Overs	134	148

MEN

18-MINUTE CAP

2 Rounds:
 6 Pull Ups
 12 Deadlifts (135lb)
 18 Step Up and Overs (24")

2 Rounds:
 4 Pull Ups
 8 Deadlifts (185lb)
 12 Step Up and Overs (24")

2 Rounds:
 2 Pull Ups
 4 Deadlifts (225lb)
 8 Step Up and Overs (24")

WOMEN

18-MINUTE CAP

2 Rounds:
 6 Pull Ups
 12 Deadlifts (95lb)
 18 Step Up and Overs (20")

2 Rounds:
 4 Pull Ups
 8 Deadlifts (125lb)
 12 Step Up and Overs (20")

2 Rounds:
 2 Pull Ups
 4 Deadlifts (155lb)
 8 Step Up and Overs (20")

TOTAL TIME
(IF COMPLETED)

	MIN	SEC
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OR

TOTAL REPS
(IF NOT COMPLETED)

	REPS
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WEEK 3 – QUALIFIER WORKOUT 5

6.27.18 7PM CDT – 7.2.18 7PM CDT

EQUIPMENT

To complete this workout you will need:

- Rings
- Pull-Up bar
- Barbell
 - Bumper Plates
 - Collars
- Box

NOTES

Athletes begin standing under pull up bar or rings. At the start of the timer, the athlete will complete 6 of either: ring muscle ups, chest to bar pull ups, or pulls ups (*see division standards for specific movement requirement across divisions*). After their 6 reps, the athlete will then move to their barbell and compete 12 deadlifts (*see division standards for specific movement requirement across divisions*). After their 12th rep, the athlete will then move onto 18 box jump overs (*see division standards for specific movement requirement across divisions*). After their 18th rep of box jump overs, the athlete will complete another round, starting with 6 more of either: ring muscle ups, chest to bar pull ups, or pulls ups, then deadlifts, then box jump overs. After the completion of their second round, the athlete will move onto 4 of either: ring muscle ups, chest to bar pull ups, or pulls ups (*see division standards for specific movement requirement across divisions*). Once their 4 repetitions are complete the athlete will move onto 8 deadlifts (*see division standards for specific movement requirement across divisions*), and then 12 box jump overs. The athlete will then complete another round of the same movements and requirements. After their second round, the athlete will then move onto 2 of either: ring muscle ups, chest to bar pull ups, or pulls ups (*see division standards for specific movement requirement across divisions*), 4 deadlifts (*see division standards for specific movement requirement across divisions*), and 8 box jump overs. The athlete will then compete another round of the same movements and requirements. **For the deadlift, multiple bars may be used or extra people may be brought in to change weights.**

The score for this workout is for time. Please use an **ascending clock** starting at 0:00 and finishing at 18:00. Do not round up partial seconds. If you do not complete the workout under the 18 minute cap, your score will be your 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 box jump overs, deadlifts, pull-up, pull-up, chest to bar pull-up, and ring 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.

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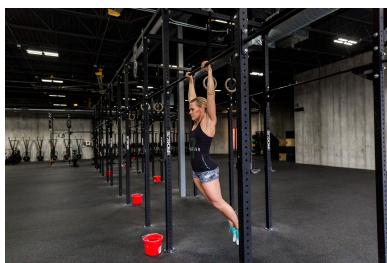
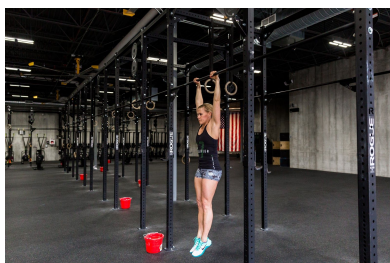
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WEEK 3 – QUALIFIER WORKOUT 5

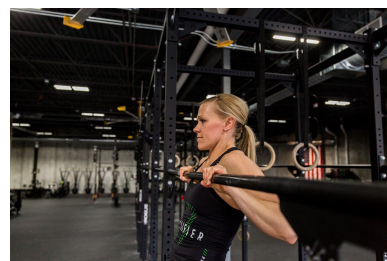
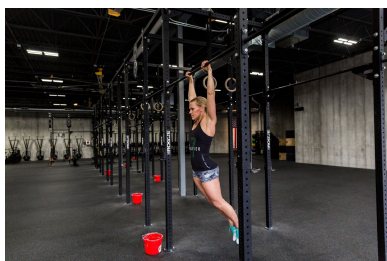
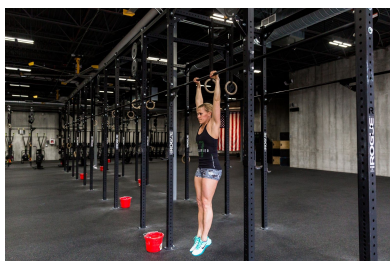
6.27.18 7PM CDT – 7.2.18 7PM CDT

– MOVEMENT STANDARDS –



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.

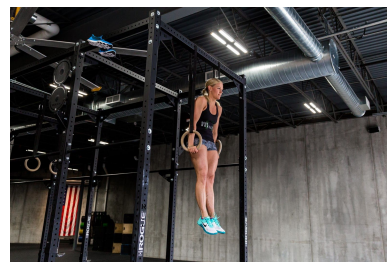
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WEEK 3 – QUALIFIER WORKOUT 5

6.27.18 7PM CDT – 7.2.18 7PM CDT



Ring Muscle Ups

You must begin with, or pass through, a hang below the rings with arms fully extended (with or without 'false grip'), and the feet off of the ground. At the top, the elbows must be fully locked out while supporting yourself above the rings. Control must be shown at the top. Kipping muscle ups are acceptable. If consecutive kipping muscle ups are performed, a change in direction below the rings is required.



Deadlift

This is a traditional deadlift with the hands outside of the knees. Sumo deadlifts are NOT ALLOWED. Starting at the floor, the barbell is lifted until the hips and knees reach full extension with the shoulders open and behind the bar. Any hand position is allowed, but the arms must be straight throughout. Deliberate bouncing or increased speed on the descent of the barbell is NOT ALLOWED. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips are eventually reached. **Multiple bars may be used or extra people may be brought in to change weights.**

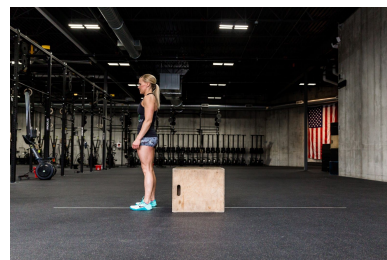
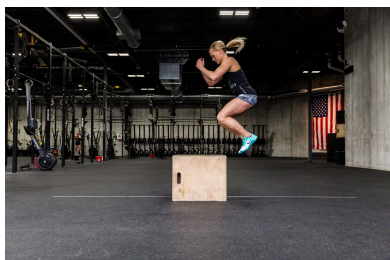
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Box Jump Over/Step Up and Over

The box jump-over starts with the athlete on the floor and finishes with the athlete jumping over the box. There is no requirement for the athlete 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 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. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep. Lateral jumps are allowed. Scaled athletes may step up and over.

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