

RX 22-34

3' AMRAP of

- 3 Bar Muscle Ups
- 6 Thruster @60/40 kg
- 9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

- 30 Toes to Bar
 - 20 Box Jump Over @70/60 cm
 - 10 Deadlift @140/90 kg
 - 20 Box Jump Over @70/60 cm
 - 30 Toes to Bar
-

RX MASTER 35-39

3' AMRAP of

- 3 Bar Muscle Ups
- 6 Thruster @60/40 kg
- 9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

- 30 Toes to Bar
 - 20 Box Jump Over @70/60 cm
 - 10 Deadlift @140/90 kg
 - 20 Box Jump Over @70/60 cm
 - 30 Toes to Bar
-

OPEN 22-34

3' AMRAP of

- 3 Chest to bar pull up
- 6 Thruster @50/35 kg
- 9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

- 30 Toes to Bar
 - 20 Box Jump Over @60/50 cm
 - 10 Deadlift @120/70 kg
 - 20 Box Jump Over @60/50 cm
 - 30 Toes to Bar
-

OPEN MASTER 35-39

3' AMRAP of

- 3 Chest to bar pull up
- 6 Thruster @50/35 kg
- 9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

- 30 Toes to Bar
 - 20 Box Jump Over @60/50 cm
 - 10 Deadlift @120/70 kg
 - 20 Box Jump Over @60/50 cm
 - 30 Toes to Bar
-

RX MASTER 40-44

3' AMRAP of

3 Bar Muscle Ups / Chest to bar pull up

6 Thruster @60/40 kg

9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

30 Toes to Bar

20 Box Jump Over @70/60 cm

10 Deadlift @140/90 kg

20 Box Jump Over @70/60 cm

30 Toes to Bar

RX MASTER 45-49

3' AMRAP of

3 Chest to bar pull up

6 Thruster @50/35 kg

9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

30 Toes to Bar

20 Box Jump Over @60/50 cm

10 Deadlift @120/70 kg

20 Box Jump Over @60/50 cm

30 Toes to Bar

OPEN MASTER 40-44

3' AMRAP of

3 Chest to bar pull up

6 Thruster @40/25 kg

9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

30 Toes to Bar

20 Box Jump Over @60/50 cm

10 Deadlift @100/50 kg

20 Box Jump Over @60/50 cm

30 Toes to Bar

OPEN MASTER +45

3' AMRAP of

3 Chest to bar pull up

6 Thruster @40/25 kg

9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

30 Toes to Bar

20 Box Jump Over @60/50 cm

10 Deadlift @100/50 kg

20 Box Jump Over @60/50 cm

30 Toes to Bar

RX MASTER +50

3' AMRAP of

3 Chest to bar pull up
6 Thruster @50/35 kg
9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

30 Toes to Bar
20 Box Jump Over @60/50 cm
10 Deadlift @120/70 kg
20 Box Jump Over @60/50 cm
30 Toes to Bar

OPEN JUNIOR 18-21

3' AMRAP of

3 Bar Muscle Ups / chest to bar pull up
6 Thruster @50/35 kg
9 Bar Facing Burpees

2' REST

5' to find

3RM Overhead Squat from the ground

2' REST

for time (8'time cap)

30 Toes to Bar
20 Box Jump Over @70/60 cm
10 Deadlift @130/80 kg
20 Box Jump Over @70/60 cm
30 Toes to Bar

NOTES

Please be sure to watch the following entire workout instruction video for full details.

The athlete must be responsible for loading their own barbell to the appropriate weight during the workout.

The same barbell must be used for the entire workout and he may not receive assistance when changing weight.

Only athlete can load the barbell

TIMER

We recommend that you set your clock to count up.

TIE BREAK

In this workout, we are using a special tiebreak method. At the end of 10 deadlift, time should be marked.

Note: tiebreak times must be reported in elapsed time, not in time remaining.

WOD 1 SCORE

When you submit your final result, your score will be the number of reps completed.

WOD 2 SCORE

When you submit your final result, your score will be the max load.

WOD 3A SCORE (tie break)

In this workout, we are using a special tiebreak method. At the end of 10 deadlift, time should be marked.

WOD 3B SCORE

When you submit your final result, your score will be the time.

If not complete the workout in the foreseen time your score will be represented by the time cap + the penalty

the penalty is the number of MISSING REPS to be entered in the second field

WEIGHTS ALLOWED

0.500 kg - 1 kg - 1,5 kg - 2 kg - 2,5 kg - 5 kg
10 kg - 15 kg - 20 kg - 25 kg



EQUIPEMENT

Barbell
Bumpers
Collars
Timer
Box jump

PENALTY – NO REPS

1 to 4 No Reps occur during the workout. The No Reps will be reviewed and may be removed from the athlete's final score

5 or more no No Reps occur during the workout. The video will be reviewed, and athletes may lose 15% of their total score.

RULES VIDEO

All video submissions must include the following before the workout starts on the video:

- Athlete's name
- weights used
- measurements needed.

during workout the athlete is always in frame.
video is not edited in any way.

MUSCLE UP BAR

Arms fully extended at start, with feet off the ground

Pass Through the dip

Arms locked out above apparatus

MUSCLE UP BAR - NO REP



arms bent at start



arms bent at finish



athlete locking out as she falls away from finished position

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.

CHEST TO BAR PULL UP - NO REP



arms bent (not locked out) at start



chest doesn't touch the bar

THRUSTER

athlete must squat below parallel in bottom position knees, hips and arms must be fully extended at finish bar must finish directly overhead

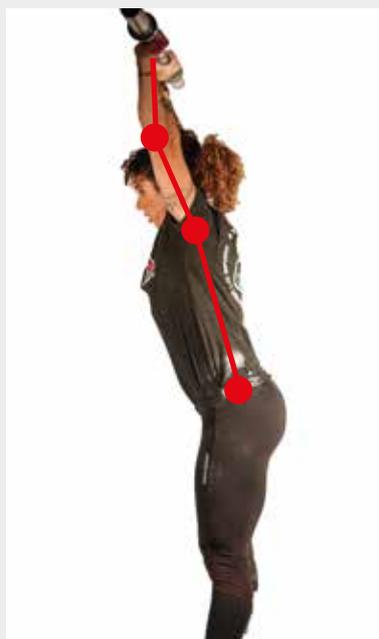
THRUSTER - NO REP



Athlete not squatting below parallel in the bottom position



Knees, hips and arms must be fully extended at finish



Athlete not locking-out arms in the finished position



athlete finishing with weight forward of the body

BAR FACING BURPEES

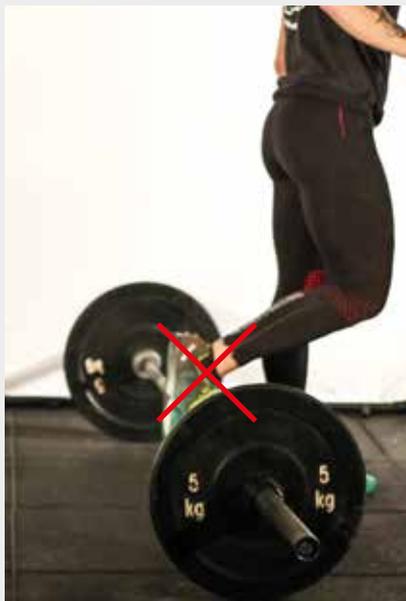
Each bar facing burpees must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell

The chest and thighs touch the ground at the bottom.

You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.

The next rep will then begin on the opposite side facing the barbell

BAR FACING BURPEES - NO REP



feet must not touch the barbell



One-footed jumping or stepping over is not permitted



chest doesn't touch the ground

OVERHEAD SQUAT

Full extension at the top, below parallel at the bottom bar finishes directly overhead with the arms locked out. You can lift the barbell any style

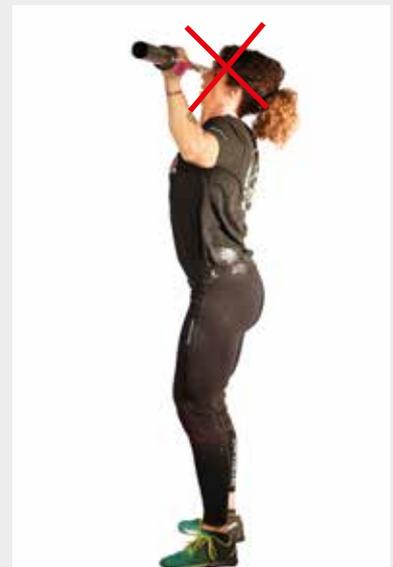
OVERHEAD SQUAT - NO REP



Athlete not squatting below parallel in the bottom position



Knees, hips and arms must be fully extended at finish



Bar doesn't touch the body



Athlete not locking-out arms in the finished position



athlete finishing with weight forward of the body

TOES TO BAR

arms extended in start position

feet off the ground in start position

heels behind vertical plane of bar in start position

feet make contact with bar between and at same time in the finished position

TOES TO BAR - NO REP



arms bent at hang



feet not making contact with bar



feet contacting bar one at a time



heels not passing behind vertical plane of bar at the bottom

BOX JUMP OVER

Start standing with two feet on the floor. Jump up onto the top of a box of the specified height. Jump down onto the opposite side of the box

Both feet must touch the top of the box at the same time in order for the rep to count, but you do not need to stand up completely while on top of the box

You may face any direction while mounting and dismounting the box. No part of your body other than the bottom of your feet may touch the box in order to assist you up or catch your balance

Stepping up is only permitted for the two elder Masters categories (OPEN MASTER +45 M/W - RX MASTER +50 M/W), not for anyone else.

BOX JUMP OVER - NO REP



one-foot take off and landing



hands must not touch thighs



No part of your body other than the bottom of your feet may touch the box in order to assist you up or catch your balance.

DEADLIFT

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar

The arms must be straight throughout

Bouncing not permitted

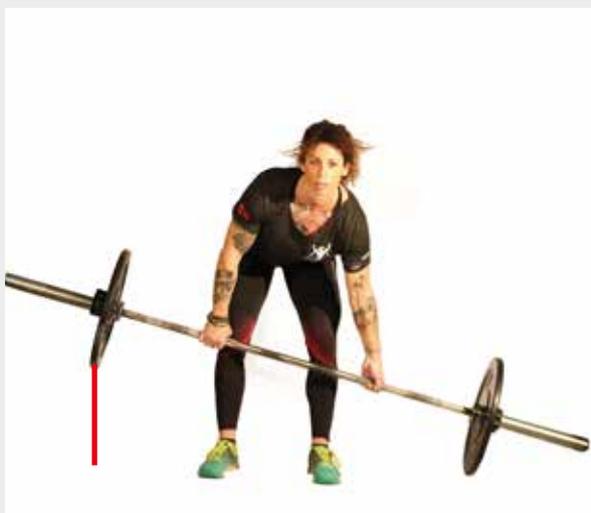
DEADLIFT - NO REP



knees not fully extended
shoulders not behind the bar



hips not fully extended



bumpers must touch the
ground at the same time



no bouncing