



**FIELD A**

***BODYWEIGHT***

**SOUTHERN**

**WARRIORS**

**2 0 2 2**

**TEAM DIVISION REGULAR – MASTER**

**BATMAN**



**EVENT**

***BODYWEIGHT***

**AMRAP: 15 MIN**

RELAY MODE

5 RING MUSCLE UP  
10 PISTOL ALTERNATED  
1 SHUTTLE RUN (30+30)

MOVE THE CHESS PIECE

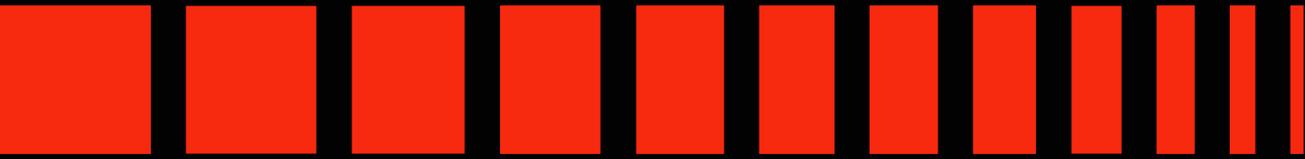
(SWITCH PARTNER)

**SCORE IS REP**



# WEIGHT AND VARIATIONS

DIVISION	RING MUSCLE UP	PISTOLS	SHUTTLE RUN
MASTER M/M	5	10	30 + 30
MASTER M/F	5 MAN 5 BAR MUSCLE UP WOMAN	10	30 + 30
MASTER F/F	3 BAR MUSCLE UP	10	30 + 30
REGULAR M/M	5	10	30 + 30
REGULAR M/F	5 RING MUSCLE UP 5 BAR MUSCLE UP	10	30 + 30
REGULAR F/F	3	10	30 + 30



# FLOW

- The team waits in starting line. On “3,2,1...GO!” one teammate moves to the rings and performs 5 ring muscle ups. Then moves to the first section for 10 pistols. Will follow a shuttle run starting from the end line of the first section until passing the last section and back to the first section. Will then move the chess piece one section forward.
- The teammate who just finished the shuttle run will move to the starting line, high-fives the teammate which will perform the same routine.



# STANDARD

## RING MUSCLE UP

The athlete starts in hanging position with straight arms and feet off the ground. During the kipping phase the feet may not rise above the rings. Through a portion of a dip the athlete must reach a top position with shoulders above or in front of the rings.

## BAR MUSCLE UP

The athlete starts in hanging position with straight arms and feet off the ground. During the kipping phase the feet may not rise above the bar. Through a portion of a dip the athlete must reach a top position with shoulders above or in front of the vertical plane of the bar. Hands can't be moved (regrip) or taken off the bar.



# STANDARD

## PISTOL (ALTERNATED ONE LEG SQUAT)

Athlete starts with the non working leg raised from the ground. Will then descend in squat, with hip crease below the highest point of the knee. The non working leg must be raised from the ground at all time and the hands must stay off the body. The athlete can lift the leg grabbing the foot toetip. The top position have fully extended knee and hips and then he/she may lower the non working leg to the ground. Each valid rep the athlete must alternate the working leg. A norep forces the athlete to repeat the movement on the same leg.

## SHUTTLE RUN

The athlete starts touching the line at the end of the first section. Runs until the end of the competition floor and touches the ground external to the floor. Will then run to the line of the first section where the shuttle run started (= 1 shuttle run).