

Saturday PM

Elite Individuals / Masters / Teens

Event 3 - "Body weight Ninja" - 100 points

4 rounds for time - 15 minutes

50 double unders

3 complex (3 pullups + 2 chest to bar pullups + 1 Bar Muscle up)

12 handstand pushups

15 wall balls (20/14 to 10/9 foot target)

Workout Description:

With the athlete standing on the starting mat, at the call of 3,2,1..go! The athlete will start their set of 50 double unders. After 50 double unders is complete, the athlete will move to the pullup bar where they will complete 3 reps of the given complex of 3 pullups, 2 chest to bar pullups, and 1 bar muscle up. The athlete must do the 3-2-1 complex unbroken on the pullup bar. They may come off of the pullup bar after they have completed the bar muscle up. If the athlete fails to do the 3-2-1 complex without coming off of the bar, they will have to attempt the complex again. After 3 sets of the 3-2-1 pullup bar complex, the athlete will complete 12 handstand pushups. After the athlete has completed 12 handstand pushups, they will move to the wall ball target where they will complete 15 wall balls. The men will throw a 20 pound ball to the 10 foot target while the women will throw a 14 pound ball to the 9 foot target. After the athlete has completed the 15 wall balls, they will move back to the mat where they will begin their second round of 50 double unders. They will repeat this process until 4 rounds is completed, or they reach the 15 minute time cap. If you finish under the time cap, you will be awarded a time. If you fail to finish the workout within the time cap, you will be given an amount of repetitions as your score.

Movement Standards:

Double Under

- This is a standard double under where the rope passes completely under the feet twice for each jump

- The rope must spin forward for the rep to count.

Kipping Pull Ups

- The arms must be fully extended at the bottom of the rep, in the starting position.

- At the top, the chin must clear the horizontal plane of the bar.

- Strict, kipping or butterfly pull-ups are all allowed if all the requirements are met.

Chest to Bar Pullup

- This is a standard chest to bar pull-up. Strict, kipping or butterfly variations are allowed as long as all other requirements are met

- At the bottom, the arms must be fully extended with the feet off the ground.

- At the top, the chest must clearly come in contact with bar below the collarbone.

Bar Muscle Up

- The athlete must begin with, or pass through, a hang below the bar with arms fully extended and feet off the ground.

- Kipping the muscle up is permitted but pull-overs, rolls to support and glide kips are not allowed. The athlete's heels must not rise above the height of the bar during the initial kip.

- Athletes must pass through some portion of a dip to lockout over the bar.

- Only the athlete's hands may touch the bar when completing the

rep. No other part of the arm may touch the bar.

- At the top, 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.

Handstand Pushup

- Every repetition of the handstand push-up begins and ends at the top of the handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms.
- At the top of the rep, the feet must be in contact with the wall.
- The palm of the hands must remain inside the pre-marked box on the ground through the entire repetition.
- At the bottom of the rep, the athlete's head must make contact with the ground.
- The feet do not need to remain in contact with the wall for the entire movement.

Wall Balls

- The rep starts with the medicine ball being taken in the bottom of a squat with the hip crease clearly below the knee and ends with the medicine ball being thrown and hitting the specified target.
- The center of the ball must hit the target at or above the specified target height. If the ball hits low, rolls up or does not make contact with the target it is a "No Rep".
- If the ball drops to the ground, it cannot be caught off the bounce and must be allowed to settle on the ground before picking it up and beginning the next rep.

Intermediate Individual- Masters 55+

Event 3 - Bodyweight Ninja - 100 points

4 rounds for time (15 minute time cap)

50 double unders

10 chest to bar pullups

10 handstand pushups

15 wall balls (20 pound ball to 10 foot target / 14 pound ball to 9 foot target)

Cross Finish Line

Workout Description:

With the athlete standing on their starting mat, at the call of 3,2,1..go! The athlete will begin their set of 50 double unders. After 50 double unders are completed, the athlete will move to the pullup bar where they will complete 10 chest to bar pullups. After the chest to bar pullups are completed, the athlete will move to the handstand pushup board where they will complete 10 handstand push ups. Strict or kipping handstand push ups are allowed. After the handstand pushups are complete, they will move to the wall ball target where they will complete 15 wall balls. The men will throw a 20 pound ball to a 10 foot target while the women will throw a 14 pound ball to a 9 foot target. After the wall balls are completed, the athlete will return to their mat where they will start their second round of double unders. They will repeat this process until 4 rounds is completed, or they reach the 15 minute time cap. If you finish under the time cap, you will be awarded a time. If you fail to finish the workout within the time cap, you will be given an amount of repetitions as your score.

Movement Standards

Double Unders

- This is a standard double under where the rope passes completely under the feet twice for each jump
- The rope must spin forward for the rep to count.

Wall Balls

- The rep starts with the medicine ball being taken in the bottom of a squat with the hip crease clearly below the knee and ends with the medicine ball being thrown and hitting the specified target.
- The center of the ball must hit the target at or above the specified target height. If the ball hits low, rolls up or does not make contact with the target it is a “No Rep”.
- If the ball drops to the ground, it cannot be caught off the bounce and must be allowed to settle on the ground before picking it up and beginning the next rep.

Chest to Bar Pullups

- This is a standard chest to bar pull-up. Strict, kipping or butterfly variations are allowed as long as all other requirements are met
- At the bottom, the arms must be fully extended with the feet off the ground.
- At the top, the chest must clearly come in contact with bar below the collarbone.

Handstand Pushups

- Every repetition of the handstand push-up begins and ends at the top of the handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms.
- At the top of the rep, the feet must be in contact with the wall.
- The palm of the hands must remain inside the pre-marked box on the ground through the entire repetition.
- At the bottom of the rep, the athlete’s head must make contact with the ground.

- The feet do not need to remain in contact with the wall for the entire movement.

Scaled Individual

Event 3 - Bodyweight Ninja - 100 points

4 rounds for time (15 minute time cap)

75 single unders

10 kipping pullups - Substitute 10 alternating dumbbell power snatch 35/25 pounds

10 Dual Dumbbell Push Press 35/25 pounds per hand

15 wall balls (20 pound ball to 10 foot target / 14 pound ball to 9 foot target)

Cross Finish Line

Workout Description:

With the athlete standing on their starting mat, at the call of 3,2,1..go! The athlete will begin their set of 75 single unders. After the athlete has completed the 75 single unders, they will move to the pullup bar where they will complete 10 kipping pullups. Any grip variation is allowed. Once the athlete has completed 10 kipping pullups, they will return to the mat to complete 10 Dual Dumbbell Push Press. After the push press is completed, they will move to the wall ball target to complete 15 wall balls. The men will throw the 20 pound ball to the 10 foot target while the women will throw the 14 pound ball to the 9 foot target. After the wall balls are completed, the athlete will move back to their mat where they will begin their second round of 75 single unders. They will repeat this process until 4 rounds is completed, or they reach the 15 minute time cap. If you finish under the time cap, you will be awarded a time. If you fail to finish the workout within the time cap, you will be given an amount of repetitions as your score. There is a substitute for the kipping pull-ups if you cannot perform them. It is going to be 10 alternating dumbbell power snatches. If you choose this substitute, you will be placed lower on the leaderboard for this

workout than anyone who performs at least 1 kipping pullup. You cannot switch between pullups and dumbbell power snatches between the workouts. You may only choose one or the other.

Movement Standards

Single Unders

- This is a standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

Wall Balls

- In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.
- The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Kipping Pullups

- The arms must be fully extended at the bottom of the rep, in the starting position.
- At the top, the chin must clear the horizontal plane of the bar.
- Strict, kipping or butterfly pull-ups are all allowed if all the requirements are met.

Dual Dumbbell Push Press

- Each rep of the Push Press begins with the Dumbbells at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the dumbbells leave the shoulder, hips and knees must remain straight until the weight is locked out overhead. No jerks.

Saturday PM

Elite Trios

Event 3 - "Bodyweight Ninja" - 100 points

9 rounds for time - 15 minute time cap

35 double unders

2 complex (3 pullups, 2 chest to bar pullups, 1 bar muscle up)

15 handstand pushups

15 wall balls (20 pound to 10 foot / 14 pound to 9 foot)

*tag your partner

Workout Description:

With all 3 team members at the starting point, at the call of 3,2,1.. Go! Team member number 1 will move to the double under mat to start round 1. The other 2 team members will wait at the starting point. Team member number 1 will complete 1 round of 35 double unders, 2 rounds of the complex of (3 pullups, 2 chest to bar pullups, 1 bar muscle up), 15 handstand pushups, and 15 wall balls. The athlete must do the 3-2-1 complex unbroken on the pullup bar. They may come off of the pullup bar after they have completed the bar muscle up. If the athlete fails to do the 3-2-1 complex without coming off of the bar, they will have to attempt the complex again. After Team member 1 has completed a full round, they will run back to the starting point to tag team member 2, and they will begin the second round. You will repeat this process until 9 rounds has a team is completed, or you reach the 15 minute time cap. If you complete the work in under 15 minutes, you will be awarded a time. If you fail to reach the amount of work within the 15 minute time cap, you will be awarded an amount of repetitions as your score.

Movement Standards:

Double Under

- This is a standard double under where the rope passes completely under the feet twice for each jump

- The rope must spin forward for the rep to count.

Kipping Pull Ups

- The arms must be fully extended at the bottom of the rep, in the starting position.
- At the top, the chin must clear the horizontal plane of the bar.
- Strict, kipping or butterfly pull-ups are all allowed if all the requirements are met.

Chest to Bar Pullup

- This is a standard chest to bar pull-up. Strict, kipping or butterfly variations are allowed as long as all other requirements are met
- At the bottom, the arms must be fully extended with the feet off the ground.
- At the top, the chest must clearly come in contact with bar below the collarbone.

Bar Muscle Up

- The athlete must begin with, or pass through, a hang below the bar with arms fully extended and feet off the ground.
- Kipping the muscle up is permitted but pull-overs, rolls to support and glide kips are not allowed. The athlete's heels must not rise above the height of the bar during the initial kip.
- Athletes must pass through some portion of a dip to lockout over the bar.
- Only the athlete's hands may touch the bar when completing the rep. No other part of the arm may touch the bar.
- At the top, 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.

Handstand Pushup

- Every repetition of the handstand push-up begins and ends at the top of the handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms.
- At the top of the rep, the feet must be in contact with the wall.
- The palm of the hands must remain inside the pre-marked box on the ground through the entire repetition.
- At the bottom of the rep, the athlete's head must make contact with the ground.
- The feet do not need to remain in contact with the wall for the entire movement.

Wall Balls

- The rep starts with the medicine ball being taken in the bottom of a squat with the hip crease clearly below the knee and ends with the medicine ball being thrown and hitting the specified target.
- The center of the ball must hit the target at or above the specified target height. If the ball hits low, rolls up or does not make contact with the target it is a "No Rep".
- If the ball drops to the ground, it cannot be caught off the bounce and must be allowed to settle on the ground before picking it up and beginning the next rep.

Intermediate Trios

'Bodyweight Ninja' - 100 points

9 rounds for time - 15 minute time cap

35 double unders

10 chest to bar pullups

10 handstand pushups

10 wall balls (20 pound to 10 foot / 14 pound to 9 foot)

*tag your partner

Workout Description:

With all 3 team members at the starting point, at the call of 3,2,1.. Go! Team member number 1 will move to the double under mat to start round 1. The other 2 team members will wait at the starting point. Team member number 1 will complete 1 round of 35 double unders, 10 chest to bar pullups, 10 handstand pushups, and 10 wall balls. After Team member 1 has completed a full round, they will run back to the starting point to tag team member 2, and they will begin the second round. You will repeat this process until 9 rounds has a team is completed, or you reach the 15 minute time cap. If you complete the work in under 15 minutes, you will be awarded a time. If you fail to reach the amount of work within the 15 minute time cap, you will be awarded an amount of repetitions as your score.

Movement Standards

Double Unders

- This is a standard double under where the rope passes completely under the feet twice for each jump
- The rope must spin forward for the rep to count.

Wall Balls

- The rep starts with the medicine ball being taken in the bottom of a squat with the hip crease clearly below the knee and ends with the medicine ball being thrown and hitting the specified target.
- The center of the ball must hit the target at or above the specified target

height. If the ball hits low, rolls up or does not make contact with the target it is a “No Rep”.

- If the ball drops to the ground, it cannot be caught off the bounce and must be allowed to settle on the ground before picking it up and beginning the next rep.

Chest to Bar Pullups

- This is a standard chest to bar pull-up. Strict, kipping or butterfly

variations are allowed as long as all other requirements are met

- At the bottom, the arms must be fully extended with the feet off the ground.

- At the top, the chest must clearly come in contact with bar below the collarbone.

Handstand Pushups

- Every repetition of the handstand push-up begins and ends at the top of the handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms.

- At the top of the rep, the feet must be in contact with the wall.

- The palm of the hands must remain inside the pre-marked box on the ground through the entire repetition.

- At the bottom of the rep, the athlete’s head must make contact with the ground.

- The feet do not need to remain in contact with the wall for the entire movement.

Scaled Trios

Event 3 - “Bodyweight Ninja” - 100 points

9 rounds for time - 15 minute time cap

35 single unders

10 kipping pullups

10 dual db push press 35/25 pounds per hand

10 wall balls (20 pound to 10 foot / 14 pound to 9 foot)

*tag your partner

Workout Description:

With all 3 team members at the starting point, at the call of 3,2,1.. Go! Team member number 1 will move to the double under mat to start round 1. The other 2 team members will wait at the starting point. Team member number 1 will complete 1 round of 35 double unders, 10 kipping pullups, 10 dual dumbbell push press, and 10 wall balls. After Team member 1 has completed a full round, they will run back to the starting point to tag team member 2, and they will begin the second round. You will repeat this process until 9 rounds has a team is completed, or you reach the 15 minute time cap. If you complete the work in under 15 minutes, you will be awarded a time. If you fail to reach the amount of work within the 15 minute time cap, you will be awarded an amount of repetitions as your score.

*Penalty - if you cannot perform the kipping pull-ups, you can tag out for someone else on your team to perform your kipping pull-ups. However, you will be awarded a penalty and will be placed on the leaderboard for the workout BELOW a team who performed the workout as prescribed with all teammates performing the pull-ups. You must finish the remaining the reps of the round.

Movement Standards

Single Unders

- This is a standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

Wall Balls

- In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.
- The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Kipping Pullups

- The arms must be fully extended at the bottom of the rep, in the starting position.
- At the top, the chin must clear the horizontal plane of the bar.
- Strict, kipping or butterfly pull-ups are all allowed if all the requirements are met.

Dual Dumbbell Push Press

- Each rep of the Push Press begins with the Dumbbells at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the dumbbells leave the shoulder, hips and knees must remain straight until the weight is locked out overhead. No jerks.