



**CLIMB TO FAME**  
**DESCEND TO MADNESS**

**FOR TIME**

**PART A @ MIN 0:00 ( TIME CAP 12 mins )**

3 Rounds

8 Cal Bike Erg  
8 Worm facing Burpees

10 Cal Bike Erg  
10 Burpee Pull Ups

12 Cal Bike Erg  
12 Shoulder to Overhead Weight 1

**PART B @ MIN 13:00 ( TIME CAP 7 mins )**

3 Rounds

6 Cal Biker-erg  
6 Worm facing Burpees

6 Cal Bike-erg  
6 Burpee Pull Over  
6 Shoulder to Overhead Weight 2



**Weight 1 RX:**

♀ 95 lbs barbell  
♂ 135 lbs barbell

**Weight 2 RX:**

♀ 135 lbs barbell  
♂ 185 lbs barbell

**SCALED**

**Weight 1:**

♀ 65 lbs barbell  
♂ 95 lbs barbell

**Weight 1:**

♀ 95 lbs barbell  
♂ 135 lbs barbell

Part A: Burpee to target

Part B: Burpee Pull Ups

**NOTES:**

- Workout Starts with All 3 Athletes behind the designated starting line
- After countdown finishes first athlete must complete a full Round of Part A, run back and tag the next athlete. Following athlete cannot start the round till the previous one has crossed the starting line and tag the next one.
- The Team must complete 3 rounds in total. Each round must be completed by a different athlete.
- Team cannot switch athletes in the middle of the round.
- If the team cannot completed in the time cap designated for PART A , their score will be the number of reps completed till that moment.
- At minute 12, all teams will have 1 min mandatory rest.
- At minute 13 the teams will start with Part B of the workout. Each athlete must complete one full round at the time and complete the round before running back to the starting lane and tag the following team member.
- Teams must perform the rounds in part B in reversed order.. **THE LAST ATHLETE IN PART A MUST BE THE FIRST ATHLETE IN PART B AND SUBSEQUENTLY.**
- Teams will get 2 scores for this workout



## SHOULDER TO OVERHEAD

- Each Set must start with both barbell from the bar on the ground with both plates touching the floor



- Barbell must have clips at all times.
- The barbell must make contact with the shoulders.
- It is necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.
- The rep is credited when: The barbell is locked out overhead, and arms, hips, and legs are extended and feet are in line.
  - The bar is over or slightly behind the center of the body, with feet in line.
  - Strict press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.
- Athletes must wait for validation from the judge before lowering down the bar.
- Athletes can rest the barbell in the shoulders and re grip if necessary.



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### **BURPEE PULL UPS / TO TARGET / PULL OVERS**

The athlete begins by standing with the feet together underneath a pull-up bar.

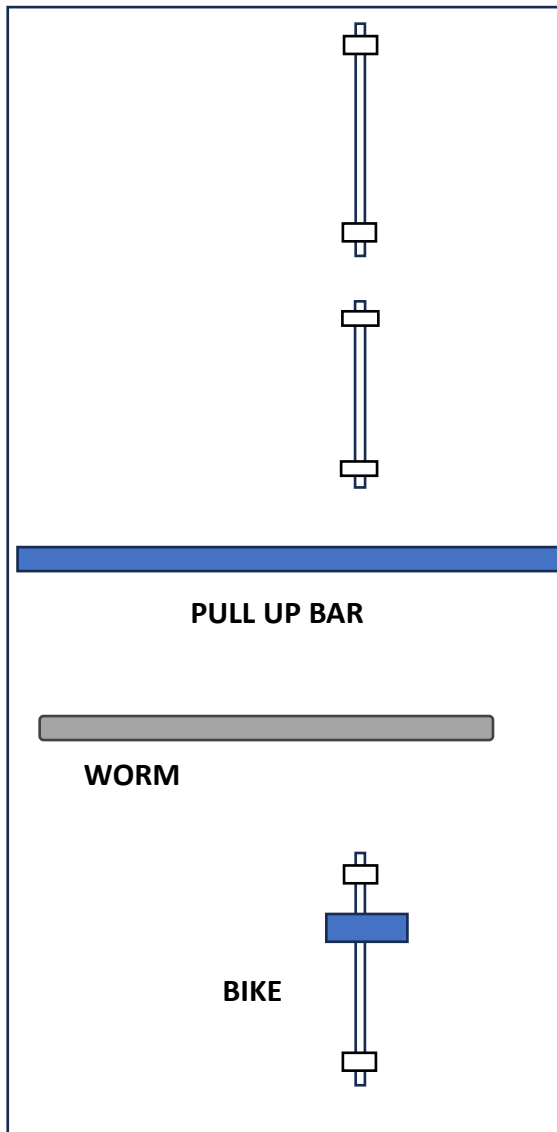
- An exercise mat or similar equipment may be used to decrease the distance between the ground and the pull-up bar but at any moment the athlete can touch the bar with their finger tips on the standing position under the bar.
- Surfaces that aid in jumping or rebounding, such as spring-floors, are not permitted.
- Taping of the bar is not permitted.
- Athletes must touch the chest and thighs to the ground at the bottom of each burpee.
- Athletes may choose to step or jump into this position.
- If the athlete is using an exercise mat (or other equipment) to decrease the distance between the ground and the pull-up bar, the entire body must be on the same surface in the bottom position.
- For Burpees To target athlete must touch the pull up bar with both hand at the same time while both feet are off the ground.
- For Burpee Pull Overs the athlete must achieve a 360 degree turn over the pull up bar while keeping both hands at the bar at the same time

### **BIKE-ERG**

- Machine will be re-started at the completion of each set
- Both Feet must be at the machine at all times
- Athletes will be allowed to modify the resistance

### **BURPEES OVER WORM**

- Start on one side of the worm.
- The chest and thighs must touch the floor at the bottom of each rep.
- Return to both feet with the hands off the floor.
- Jumping or stepping in and out of the bottom of the burpee is permitted.
- Jump over the worm (TWO FEET TAKE OFF IS REQUIRED).
- Some portion of both feet must clearly pass over the dumbbell (not around it).
- The rep is credited when both feet are on the opposite side of the worm
- There is no requirement to land with both feet at the same time.
- The athlete must be perpendicular to and facing the barbell before starting the next rep.
- Athletes may not receive assistance moving or resetting their worm unless safety is an immediate concern.
- The worm cannot be touched during the movement, or the rep will be invalid.
- If the athlete receives a “no rep” for any reason, the entire rep must be repeated.



12 M

**ATHLETES START LINE**



**RX SCORE CARD**

**CLIMB TO FAME  
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MADNESS**



PART A	ROUND 1	ROUND 2	ROUND 3	SCORE
8 Cal Bike-Erg	8	68	128	
8 Burpees Over Worm	16	76	136	
10 Cal Bike-Erg	26	86	146	
10 Burpee Pull Ups	36	96	156	
12 Cal Bike-Erg	48	108	168	TIME OF COMPLETION OR # OF REPS IF TIME CAP
12 Shoulder to Overhead W1	60	120	180	
PART B	ROUND 1	ROUND 2	ROUND 3	
6 Cal Bike-Erg	6	36	66	
6 Worm Facing Burpees	12	42	72	
6 Cal Bike-Erg	18	48	78	
6 Burpee Pull Overs	24	54	84	TIME OF COMPLETION OR # OF REPS IF TIME CAP
6 Shoulder to Overhead W2	30	60	90	

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE: PART A \_\_\_\_\_  
SCORE PART B \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.  
Judge Signature: \_\_\_\_\_

**EVENT 5**  
TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE PART A: \_\_\_\_\_ SCORE PART B: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.  
Judge Signature: \_\_\_\_\_



**SCALES SCORE CARD**

**CLIMB TO FAME**  
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PART A	ROUND 1	ROUND 2	ROUND 3	SCORE
8 Cal Bike-Erg	8	68	128	
8 Burpees Over Worm	16	76	136	
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TIE BREAK				
PART B	ROUND 1	ROUND 2	ROUND 3	
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6 Worm Facing Burpees	12	42	72	
6 Cal Bike-Erg	18	48	78	
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6 Shoulder to Overhead W2	30	60	90	
TIE BREAK				

TEAM NAME: \_\_\_\_\_ SCALED \_\_\_\_\_ SCORE: PART A \_\_\_\_\_  
SCORE PART B \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.  
Judge Signature: \_\_\_\_\_

**EVENT 5**  
TEAM NAME: \_\_\_\_\_ SCALED: \_\_\_\_\_ SCORE PART A: \_\_\_\_\_ SCORE PART B: \_\_\_\_\_  
JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.  
Judge Signature: \_\_\_\_\_