

## HANG OUT

### FOR TIME ( TIME CAP 10 mins )

#### Round 1

Athlete 1 – Athlete 2

21 Synchro Toes To Bar

21 Synchro Double Dumbbell Front Squat

21 Synchro Double Dumbbell Hang Clean & Jerk

Athlete 3

63 Cal Row

#### Round 2

Athlete 1 – Athlete 3

15 Synchro Chest To Bar

15 Synchro Double Dumbbell Front Squat

15 Synchro Double Dumbbell Hang Clean & Jerk

Athlete 2

45 Cal Row

#### Round 3

Athlete 2 – Athlete 3

9 Synchro Bar Muscle Ups

9 Synchro Double Dumbbell Front Squat

9 Synchro Double Dumbbell Hang Clean & Jerk

Athlete 1

27 Cal Row

*♀ 15 kg Dumbbells  
♂ 22.5 kg Dumbbells.*



### SCALED

Round 1: Toes To Bar

Round 2: Pull Ups

Round 3: Chest To Bar

♀ 15 kg Dumbbells

♂ 10 kg Dumbbells

### EQUIPMENT

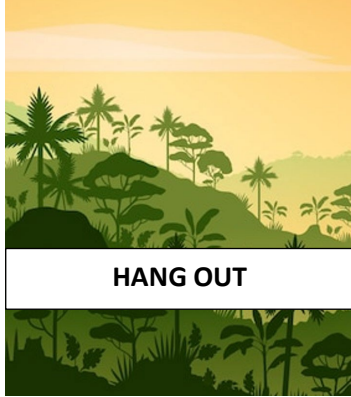
2 pairs of 22.5 kg Dumbbells

1 pair of 15 kg Dumbbells

1 Rower

### NOTES:

- Workout Starts with All 3 Athletes behind the designated lane
- Athlete 1 & 2 run to the pull up bar to start the TTB and Athlete 3 run to the rower
- Athletes can only move to the next round when both ALL the reps and rowing from the previous round has been completed.
- Rower will be re-started after each round
- Teams have the liberty of deciding the order of athletes
- **Throwing to the floor from above the waistline or dumbbells landing outside of the designated lane will result on a penalty of No rep . This is to ensure the safety of all athletes, judges and crew during the event.**
- If any athlete finishes his reps or the rowing before the others it can wait in the workout area till the rest complete the reps to start the next round but cannot help in any way the other athletes
- Should the team is time cap on the rower the number of calories will be determined at the time of the time cap and not the rolling calories after.
- Once the team has finished all reps must cross the finish line to complete the workout



## Pull Ups



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Synchronization is on the finished position with chin above the pull up bar.

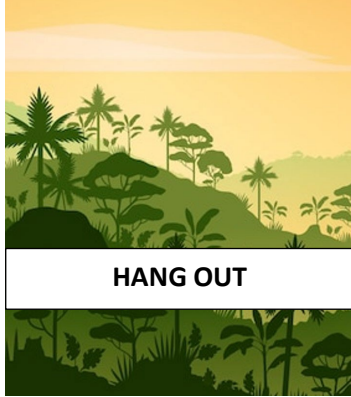
- The rep is credited when both athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk will be provided

## Toes To bar



- In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar.
- At the start of each rep, the arms must be fully extended, and the heels must be brought back behind the bar.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk will be provided
- Overhand, underhand, or mixed grip are all permitted.

- The end position is when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.
- Between each rep the feet must drop and clearly be behind the bar.
- Both Athletes must touch the bar at the same time for the rep to be credited



## Chest To Bar



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



- The rep is credited when both athlete's chest clearly comes into contact with the bar at or below the collarbone at the same time. Athletes performing butterfly reps must clearly comply with this requirement.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk is provided

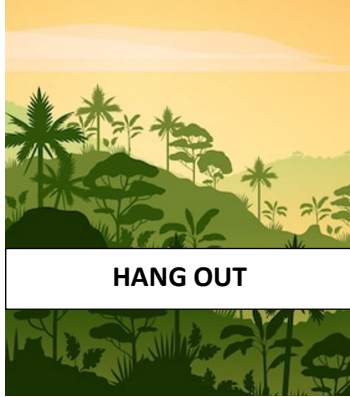
## Bar Muscle Ups



- 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 acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



- The athlete must pass through some portion of a dip before locking out over the bar.



HANG OUT

### Bar Muscle Up ( Continued )



- The rep is credited when:
  - both athlete's arms are fully locked out in the support position above the bar at the same time
  - both athlete's shoulders are over or slightly in front of the bar at the same time.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk is provided

### Rower

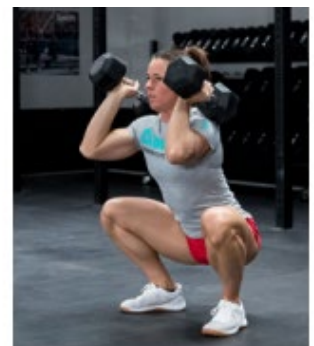
- Dial on the rower must turn to the targeted calory before the member can get off the rower
- Both feet must be always off the floor while rowing. Doing an initial pull while the athlete is seating or adjusting is not allowed.
- Rower will be reset till the athlete clearly comply with the starting position.

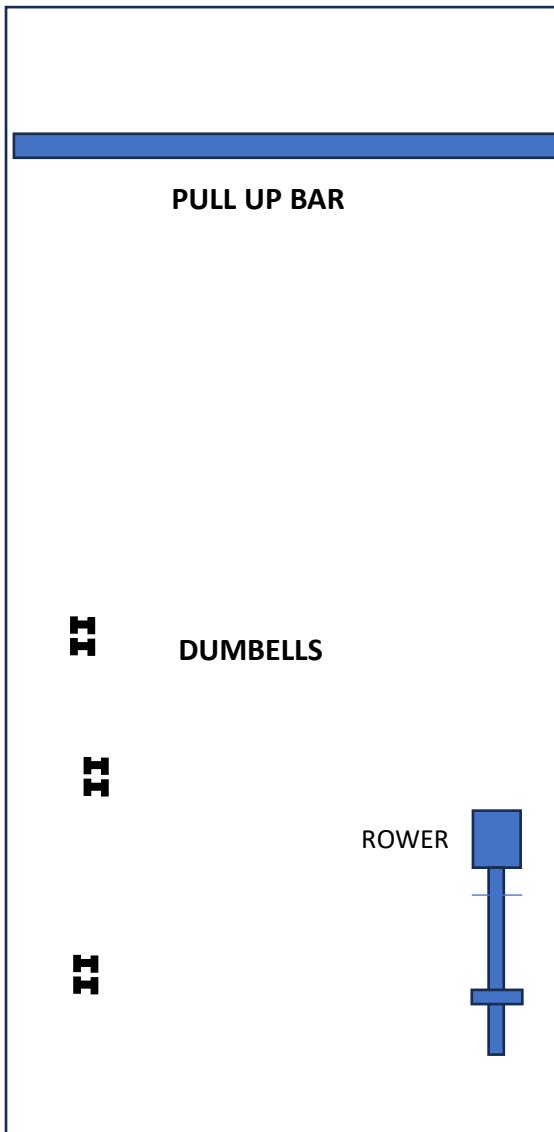
### Synchro dumbbell squats (2 athletes)

- Athletes must perform a full depth squat with hip crease below knee level before standing up fully with legs straight and hips open. Synchro is at the top of the squat.
- Athletes must hold the dumbbell in the front rack position with both hands on the handles of the dumbbells at all time.
- Only one side of the dumbbell can touch the body. Dumbbells cannot touch each other at any time
- Athletes may squat clean the first rep.

### Synchro DB hang clean & press (2 athletes)

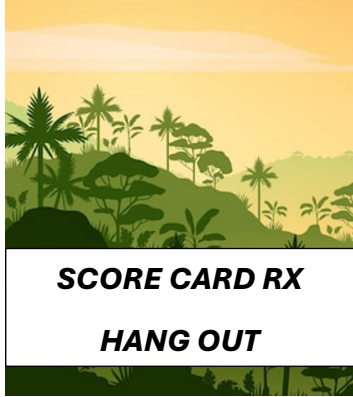
- Athletes must first deadlift the dumbbells to the hang position, from the hang athletes must clean the dumbbells to the front rack before pressing overhead to a fully extended position with legs straight hips open and arms straight.
- Synchro is at the top of the movement.
- If at any moment in time during the workout one of the dumbbells move out of the designated lane the team will be required to move the dumbbell back and will be penalized with a no rep.
- Dropping a dumbbell above the waistline will result on a penalty too





**ATHLETES START LINE**





**SCORE CARD RX**  
**HANG OUT**



**FOR TIME (TIME CAP 10 mins)**

Round 1

Athlete 1 – Athlete 2

21 Synchro Toes To Bar

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21 Synchro Double Dumbbell Hang Clean & Jerk

Athlete 3

63 Cal Row

Round 2

Athlete 1 – Athlete 3

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Athlete 2

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Round 3

Athlete 2 – Athlete 3

9 Synchro Bar Muscle Ups

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Athlete 1

27 Cal Row

♀ 15 kg Dumbbells  
♂ 22.5 kg Dumbbells.

FOR TIME		
21 SYNCHRO		21
TOES TO BAR		
21 SYNCR DB FRONT SQUAT		42
21 SYNCHRO DB HANG CLEAN & JERK		63
63 CAL ROW		126
		TIE BREAK TIME
15 SYNCHRO CHEST TO BAR		141
15 SYNCR DB FRONT SQUAT		156
15 SYNCHRO DB HANG CLEAN & JERK		171
45 CAL ROW		216
		TIE BREAK TIME
9 SYNHRO MUSCLE UPS		225
9 SYNCR DB FRONT SQUATS		234
9 SYNCHRO DB HANG CLEAN & JERK		243
27 CAL ROW		270
<b>TIME OR NUMBER OF REPS AT TIME CAP</b>		

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE: \_\_\_\_\_ TIME / REPS

TIE BREAK TIME: \_\_\_\_\_

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

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: \_\_\_\_\_

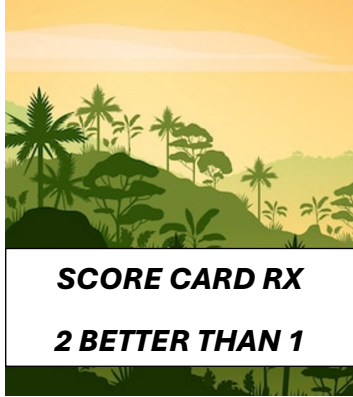
**EVENT 1**

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE : \_\_\_\_\_ TIME / REPS  
TIE BREAK TIME: \_\_\_\_\_

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

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: \_\_\_\_\_



**SCORE CARD RX**  
**2 BETTER THAN 1**



**FOR TIME (TIME CAP 10 mins)**

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27 CAL ROW		270
<b>TIME OR REPS AT TIME CAP</b>		

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE: \_\_\_\_\_ TIME / REP

TIE BREAK TIME: \_\_\_\_\_

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

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: \_\_\_\_\_

**EVENT 1**

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE : \_\_\_\_\_ TIME – REPS  
REPS / TIE BREAK TIME: \_\_\_\_\_

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

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: \_\_\_\_\_