



Qualifier 19.2



12 min EMOM for Max Reps

Team Member 1	Team member 2
20 Double Unders 8 Box Jumps 24"/20" Max reps Pull Ups	20 Double Unders 8 Box Jumps 24"/20" Max reps PullUps
20 Double Unders 10 Box Jumps 24"/20" Max Reps Pull Ups	20 Double Unders 10 Box Jumps 24"/20" Max Reps Pull Ups
20 Double Unders 12 Box Jumps 24"/20" Max reps Chest to Bar Pull Ups	20 Double Unders 12 Box Jumps 24"/20" Max reps Chest to Bar Pull Ups
20 Double Unders 14 Box Jumps 24"/20" Max Reps Chest to Bar Pull Ups	20 Double Unders 14 Box Jumps 24"/20" Max Reps Chest to Bar Pull Ups
20 Double Unders 16 Box Jumps 24"/20" Max Reps Bar Muscle Ups	20 Double Unders 16 Box Jumps 24"/20" Max Reps Bar Muscle Ups
20 Double Unders 18 Box Jumps 24"/20" Max Reps Bar Muscle Ups	20 Double Unders 18 Box Jumps 24"/20" Max Reps Bar Muscle Ups

Equipment:

- Speed rope
- Plyo box
- Pull up rig

Workout standards:

The first team member starts the first minute with 20 double unders, 8 box jumps and max reps pull ups while the second team member rests. When the second minute starts, the first member rests and the second team member does the work.

Every new round per team member the amount of box jumps go up, every third round per team member there is a progression in the pull ups.

Your score is the total amount of reps for the full workout. That's double unders and box jumps included.

Movement standards:

Double Unders

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

Box Jumps

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control. Mens height is 24" womens is 20".

Pull Ups

This is a standard chin-over-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 with the feet off the ground. At the top of the movement, the chin must break the horizontal plane of the bar.

Chest To Bar Pull Ups

This is a standard 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 into contact with the bar below the collarbone.



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Bar Muscle Ups

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. 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.

Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

Video standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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Round 1	A1	A2
20 Double unders		
8 Box jumps 24"/20"		
Max reps pull ups		

1st min 2nd min

Round 2	A1	A2
20 Double unders		
10 Box jumps 24"/20"		
Max reps pull ups		

3rd min 4th min

Round 3	A1	A2
20 Double unders		
12 Box jumps 24"/20"		
Max reps C2B pull ups		

5th min 6th min

Round 4	A1	A2
20 Double unders		
14 Box jumps 24"/20"		
Max reps C2B pull ups		

7th min 8th min

Round 5	A1	A2
20 Double unders		
16 Box jumps 24"/20"		
Max reps BMU's		

9th min 10th min

Round 6	A1	A2
20 Double unders		
18 Box jumps 24"/20"		
Max reps BMU's		

11th min 12th min

Score	
REPS*	

*Your score is the total amount of reps for the full workout.

Team name: _____

Name judge: _____

Signature judge: _____

Signature athlete 1: _____

Signature athlete 2: _____