



## The Crusader Series Scorecard EVENT 6

### WORKOUT -

#### 7 MINUTE AMRAP

<b>RX</b>	<b>INT / MASTERS</b>	<b>SCALED</b>
2 front squats @80/55kg 2 bar muscle ups 4 FS 4 BMU 6 FS 6 BMU etc Adding 2 reps each round	2 Front squat @60/40kg 2 C2B 4 FS 4 C2B 6 FS 6 C2B Adding 2 reps each round	2 front squats @40/30kg 2 pull ups 4 FS 4 pull ups 6 FS 6 pull ups Adding 2 reps each round

### WORKOUT DESCRIPTION -

#### **Division Standards:**

##### **RX -**

Front squats @80/55kg  
Bar muscle ups

##### **Intermediate / Masters -**

Front squats @60/40kg  
Chest to bar pull ups

##### **Scaled -**

Front squats @40/30kg  
Pull ups

#### **Scoring:**

This workout is scored for total reps completed at the 7 minute time cap



***Flow:***

At the sound of 3,2,1 go. Athletes will pick up the barbell to perform 2 front squats. A squat clean is permitted to count as the first rep off the floor so long as the athlete's hip crease is below parallel in the squat and the athlete must stand to full extension at the completion of each rep. Failure to do so will result in a "no rep". The barbell will be taken from the floor and NOT a rack. After the front squats are completed, the athlete will move to the 2 bar muscle ups / C2B / pull ups. Once complete, the athlete will go back to the front squats, adding 2 reps to each movement each time until the 7 minute cap.

***Movement Standards:***

Front squat

The barbell must start on the floor. The barbell must then be brought to the shoulders in the front rack position and while resting on the shoulders with both hands on the barbell, the athlete must squat the barbell until the hip crease is below the knee. The athletes will then stand tall to full extension with hips and knees locked out to complete the rep. A squat clean to begin a rep is allowed.

Bar muscle up

The athlete will begin with or pass through a dead hang position on the pull up bar with the feet off the ground. Kipping the muscle up is acceptable but pullovers, roll to support and glide kips are not permitted. The heels may not rise above the bar during the kip. At the top, the elbows must be fully extended while the athlete supports their own body weight with their shoulders over or in front of the bar. Athletes MUST pass through some portion of the dip to lockout on the bar. Only the hands and no other body part may assist the athlete to get themselves over the bar.

Chest to bar pull up

The athlete will begin or pass through a dead hang position on the bar. Strict, kipping or butterfly pull ups are allowed as long as the requirements are met. The arms must be fully extended and the feet off the ground at the bottom of each rep and the feet must be off the ground for the entire rep. At the top of the bar, the chest must make clear contact with the bar between the collarbone and the sternum of the athlete.



### Pull up

The athlete will begin or pass through a dead hang position on the bar. Strict, kipping or butterfly pull ups are allowed as long as the requirements are met. The arms must be fully extended and the feet off the ground at the bottom of each rep and the feet must be off the ground for the entire rep. At the top of the bar, the chin must clearly break the horizontal plane of the bar.



## SCORECARD - EVENT 6

Athlete Name \_\_\_\_\_

Gym \_\_\_\_\_

Date \_\_\_\_\_

### **7 MINUTE AMRAP**

REPS	NOTES	REPS	NOTES
2 Front Squats		8 Front Squats	
2 Bar Muscle Ups / C2B / Pull up		8 Bar Muscle Ups / C2B / Pull up	
4 Front Squats		10 Front Squats	
4 Bar Muscle Ups / C2B / Pull up		10 Bar Muscle Ups / C2B / Pull up	
6 Front Squats		12 Front Squats	
6 Bar Muscle Ups / C2B / Pull up		12 Bar Muscle Ups / C2B / Pull up	

Reps \_\_\_\_\_

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

Athlete Signature \_\_\_\_\_