

2022 NEW ZEALAND NATIONALS ONLINE QUALIFIER SCORECARD



Workout 5 | Zazu75

SCORE DUE 11:59 PM, 31stAUGUST 2022

Workout 4

For time:

25 Bar Muscle Ups

35 Hand Release Bar Facing Burpees

15 Bar Muscle Ups

Cap: 6mins



Flow

The competitor starts standing below the Pull up bar. On the sound of 3,2,1... go, the competitor may jump up to the Pull up bar and begin their Bar Muscle Ups. Once they have completed all 25 repetitions they then move to and complete 35 Hand Release Bar Facing Burpees. Once 35 Burpees have been completed, they then move back to the Pull up bar and complete a further 15 Bar Muscle Ups.

Scoring

The total time taken to achieve all stipulated repetitions. If the repetitions are not completed in the 6 minute time cap, each repetition not completed will be added as one second per incomplete repetition.

Movement standards

Bar Muscle Ups:

The individual starts hanging from the bar with the arms fully extended at the Elbow. They may then use any Muscle-up movement to move above the bar with the arms fully locked out in the front support position. A Glide-kip style Muscle-up is accepted provided the Toes do not move above the horizontal plain of the Pull up bar. The individual cannot receive any assistance to complete the Muscle -p. The individual cannot come in contact with any other apparatus whilst transitioning above the bar to the front support position.

Hand Release Bar Facing Burpees:

The competitor's start standing behind the bar. The competitors lower themselves to the floor until their chest and thighs make contact with the floor, they then lift both hands off the ground and simultaneously touch the Barbell in front of them. They then stand up and jump over the Barbell. There is no stipulation how the individual must jump, only that they must jump (i.e. they must be completely clear of the ground at any one time). Each Burpee must be performed perpendicular to and facing the Barbell. The competitor's head cannot be over the Barbell during the Burpee. Gymnastic or spring-loaded floors are not allowed.

Chest to Bar Pullups (C2b):

The competitor must start hanging on the bar with the arms fully extended and their feet off the ground. They must then Pull-up until their chest makes contact with the bar. The competitor may perform a strict, kipping or butterfly Pull-up to achieve this.

	For time
25 Bar Muscle ups	
35 Hand Release Bar Facing Burpees	
15 Bar Muscle ups	
Time _____	

Pull Ups:

The competitor must start hanging on the bar with the arms fully extended and their feet off the ground. They must then pull up until their chin is higher than the horizontal plain of the TOP of the bar. The competitor may perform a strict, kipping or butterfly pull-up to achieve this.

Variations by division

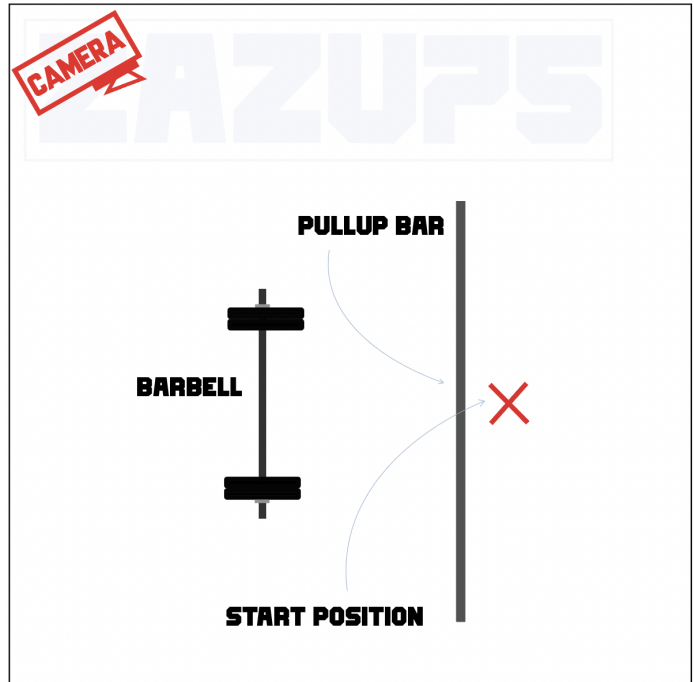
Elite, Teens(16-17), Masters(35-42)&(43-49)
Nil

Rx, Teens(14-15), Masters(50+):

Replace Bar Muscle Ups with Chest to Bar Pullups

Scaled

Replace Bar Muscle Ups with Pullups



Competitor Name: _____ Score: _____

Judge Name: _____ Signed: _____