



### WORKOUT 18.3

8min AMRAP of;

5 RING MUPs

10 SNATCHES

### EQUIPMENT

- Rings
- Barbell and appropriate weight for your division
- Collars

### VARIATIONS

#### HERO 35-49

M 50kg F 35kg  
Ring MUPs

#### WARRIOR 35-49

M 40kg F 30kg  
Ring Pull Ups

#### SOLDIER 35-49

M 35KG F 25KG  
Ring Rows

#### HERO 50-59

M 45kg F 30kg  
Ring Pull Ups

#### WARRIOR 50-59

M 35KG F 25KG  
Ring Pull Ups

#### SOLDIER 50-59

M 30KG F 20KG  
Ring Rows

#### HERO 60+

M 40kg F 25kg  
Ring Pull Ups

#### WARRIOR 60+

M 30kg F 20kg  
Ring Rows

#### SOLDIER 60+

M 25kg F 15kg  
Ring Rows

### NOTES

This workout begins with the athlete standing at the rings.

At 3, 2, 1, go, the athlete will have 8 minutes to accumulate as many rounds and reps as possible of, Ring MUPs and Snatches.

This workout is over when the 8 minute time cap expires.

The athlete's score is the number of repetitions completed at the cut-off time.

### MOVEMENT STANDARDS

#### RING MUP:

In the muscle-up, the athlete must begin with or pass through a hang below the rings with the arms fully extended (with or without a false grip) and the feet off the ground.

The heels may not rise above the height of the rings during the kip.

The elbows must be fully locked out while in the support position above the rings.

Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted.

#### RING PULL UP:

In the ring pull up, the athlete begins with arms fully extended and feet off the ground in a dead hang.

At the top, the chin must clearly be higher than the bottom of the ring.

#### RING ROW:

In the ring row, the athlete begins with their body completely horizontal to the ground, a full grip on the rings, starting with the arms and legs fully extended.

With the body remaining rigid, the athlete pulls the elbows back until the rings come in contact with the sides of the chest.

#### SNATCH:

The barbell begins on the ground. Touch-and-go is permitted. No bouncing.

If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.

The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

The athlete may choose to do muscle snatch, power snatch, squat snatch or split snatch, however, both feet must return and be in line under the athlete's body while the barbell is locked out overhead for the repetition to count.



# ML 18.3 SCORECARD

Presented by



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8min AMRAP of:

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### VARIATIONS

#### HERO 35-49

M 50kg F 35kg / Ring MUPs

#### HERO 50-59

M 45kg F 30kg / Ring Pull Ups

#### HERO 60+

M 40kg F 25kg / Ring Pull Ups

#### WARRIOR 35-49

M 40kg F 30kg / Ring Pull Ups

#### WARRIOR 50-59

M 35kg F 25kg / Ring Pull Ups

#### WARRIOR 60+

M 30kg F 20kg / Ring Rows

#### SOLDIER 35-49

M 35kg F 25kg / Ring Rows

#### SOLDIER 50-59

M 30kg F 20kg / Ring Rows

#### SOLDIER 60+

M 25kg F 15kg / Ring Rows

ROUND	5 RING MUPs	10 POWER SNATCHES
1	5	15
2	20	30
3	35	45
4	50	60
5	65	75
6	80	90
7	95	105
8	110	120

ATHLETE NAME \_\_\_\_\_ TOTAL REPS \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60+  HERO  WARRIOR  SOLDIER

STATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_ TOTAL REPS \_\_\_\_\_

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STATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT 18.3 \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_