



WOD - 1

ML 19.1

STANDARDS

EQUIPMENT

- Barbell
- Standard bumper plates - appropriate weights for your division
- Collars
- Pull Up Bar

NOTES

This workout begins with the athlete standing tall at the loaded bar.

At 3, 2, 1, go, the athlete will have 12 minutes to accumulate as many rounds and reps as possible.

This workout is over when the 12 minute time cap expires.

There is a Tie Break Time at the end of the 2 round.

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

VARIATIONS

HERO 35-49 M 50KG F 35KG	HERO 50-59 M 45KG F 30KG C2B PULL UPS	HERO 60+ M 40KG F 25KG PULL UPS	WARRIOR 35-49 M 40KG F 30KG PULL UPS	WARRIOR 50-59 M 35KG F 25KG PULL UPS	WARRIOR 60+ M 30KG F 20KG JUMPING C2B PULL UPS	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
------------------------------------	--	--	---	---	--	--	--	--

MOVEMENT STANDARDS

BAR FACING BURPEES

The burpee must be performed perpendicular to and facing the barbell.

The athlete will jump the feet back so that he or she is lying on the ground.

The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (soldier divisions excluded). The barbell must be loaded with standard-height bumper plates for the athlete to jump over (soldier 50+ divisions & warrior female 60+ excluded). The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.

POWER SNATCH

The barbell begins on the ground. Touch-and-go is permitted. No bouncing. SETUP POSITION WITH LOAD: 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.

BAR MUP

In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the 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 while the athlete is in the support position 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. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.

C2B

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, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

JUMPING C2B

For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when he or she is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower his or her body so the arms are fully extended. At the top, the chest must clearly come into contact with the bar below the collarbone.

RING ROW

Starting with the athlete lying flat on the ground with the shoulders directly under the rings. The rings should be set at the height of the athlete's wrist when their arms are locked out. The elbows should be at full extension in the bottom position. Rings are to touch the chest with elbows behind the shoulder in the top of the ring row. The athlete's legs should remain extended throughout the movement. Kipping is allowed.



WOD - 1

ML 19.1

SCORECARD

WORKOUT ML 19.1

12min AMRAP

- 12 BAR FACING BURPEES
- 9 POWER SNATCHES
- 6 BAR MUPS

VARIATIONS

HERO 35-49 **HERO 50-59** **HERO 60+**
 M 50KG F 35KG M 45KG F 30KG M 40KG F 25KG
 C2B PULL UPS PULL UPS

WARRIOR 35-49 **WARRIOR 50-59** **WARRIOR 60+**
 M 40KG F 30KG M 35KG F 25KG M 30KG F 20KG
 PULL UPS PULL UPS JUMPING C2B
 PULL UPS

SOLDIER 35-49 **SOLDIER 50-59** **SOLDIER 60+**
 M 35 F 25KG M 30KG F 20KG M 25KG F 15KG
 RING ROWS RING ROWS RING ROWS

ROUND	12 BAR FACING BURPEES	9 POWER SNATCHES	6 BAR MUPS
1	12	21	27
2	39	48	54
TIE BREAK TIME:			
3	66	75	81
4	93	102	108
5	120	129	135
6	147	156	162
7	174	183	189
8	201	210	216

ATHLETE NAME _____

TOTAL _____ TIE BREAK: _____

35-39 40-44 45-49 50-54 55-59 60-69 70+ HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.1

SIGNATURE DATE

ATHLETE NAME _____

TOTAL _____ TIE BREAK: _____

35-39 40-44 45-49 50-54 55-59 60-69 70+ HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.1

SIGNATURE DATE