



For Athletes in their Prime

# STANDARDS

## ML 22.3



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### WOD - 3

#### 'BOB'

#### FOR TIME

- 40 THRUSTERS
- 30 TOES TO BAR (TTB)
- 20 CHEST TO BAR (C2B)
- 10 BAR MUSCLE UP (BMU)
- 40 THRUSTERS

TIME CAP: 12MINS

NOTE: TIE BREAK TIME AT COMPLETION OF 1ST SET OF 40 THRUSTERS

### EQUIPMENT

- Barbell
- Collars
- Bumper Plates
- Pull Up Bar

### NOTE:

If you do not complete the Wod in the 12min time cap, then the remaining reps will be added as seconds to the time.

### VARIATIONS

#### HERO

##### 35-49

M 45kg F 35kg  
TTB  
C2B  
BMU

##### 50-59

M 40kg F 30kg  
TTB  
C2B  
BMU

##### 60-64

M 35kg F 25kg  
TTB  
PULL UPS  
C2B

##### 65+

M 30kg F 20kg  
TTB  
JUMPING C2B  
PULL UPS

#### WARRIOR

##### 35-49

M 40kg F 30kg  
TTB  
PULL UPS  
C2B

##### 50-59

M 35kg F 25kg  
TTB  
PULL UPS  
C2B

##### 60-64

M 30kg F 20kg  
LEG RAISE  
RING ROWS  
JUMPING C2B

##### 65+

M 25kg F 15kg  
LEG RAISE  
RING ROWS  
JUMPING C2B

#### SOLDIER

##### 35-49

M 35kg F 25kg  
LEG RAISE  
RING ROWS  
JUMPING PULL UPS

##### 50-59

M 25kg F 15kg  
LEG RAISE  
RING ROWS  
JUMPING PULL UPS

##### 60-64

M 20kg F 10kg  
LEG RAISE  
RING ROWS  
JUMPING PULL UPS

##### 65+

M 20kg F 10kg  
LEG RAISE  
RING ROWS  
JUMPING PULL UPS



# STANDARDS



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### MOVEMENT STANDARDS

#### **THRUSTERS:**

Each set of thrusters begins with the barbell on the ground. The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. The rep is credited when the athlete reaches full lockout with the barbell overhead. The athlete's hips, knees, and arms must be fully extended, and the bar must be directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Athletes may NOT receive assistance moving or resetting their barbell.

#### **TOES TO BAR: (TTB)**

The Athlete begins the Toes to Bar by hanging from the pull up bar with arms fully extended. Over hand, under hand or mixed grip is permitted. The athletes' heels must be brought back behind the bar. The rep is complete when the athletes' feet come in contact with the bar, simultaneously and between the athletes' hands.

#### **LEG RAISE:**

In the hanging leg-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split grip are all permitted. At the top of the repetition, the athlete must raise their legs and their heels must proceed above the height of the hips. Kipping is allowed.

#### **CHEST TO BAR: (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.

#### **PULL UPS:**

The athlete must start each rep with arms fully extended and feet off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is credited when the athlete's chin breaks the horizontal plane of the bar.

## **MOVEMENT STANDARDS**

### **RING ROWS:**

In the ring row, the bottom of the rings needs to be hanging 1m from the floor.

Directly under the rings you must measure out 50cm to mark where your heels are to be planted.

The athlete begins with their body slightly 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. Kipping or Strict are permitted.

### **BAR MUSCLE UPS: (BMU)**

The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.

Kipping the muscle-up is acceptable

The rep is credited when the athlete's arms are fully locked out in the support position above the bar, with shoulders over or slightly in front of the bar.

The athlete must pass through some portion of a dip before locking out over the bar.

Only the hands, and no other part of the arm, may touch the bar during the rep.

### **JUMPING C2B & PULL UPS:**

The pull-up bar should be set up so it is at least 15cm above the top of the athlete's head when the athlete is standing tall. At the start of each rep, the athlete's arms must be fully extended. Any style of pull-up or grip is permitted as long as the requirements are met.

**Pull Up:** the chin must break the horizontal plane of the bar.

**C2B:** the chest must clearly come into contact with the bar below the collarbone.



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# SCORECARD

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**WOD - 3**

**'BOB'**

**FOR TIME**

**40 THRUSTERS  
30 TOES TO BAR (TTB)  
20 CHEST TO BAR (C2B)  
10 BAR MUSCLE UPS (BMU)  
40 THRUSTERS**

**TIME CAP: 12MINS**

**NOTE: TIE BREAK TIME AT  
COMPLETION OF 1ST SET OF 40  
THRUSTERS**

HERO	THRUSTERS	TIEBREAK TIME	TTB	35-59: C2B 60-64: PULL UPS 65+: JUMPING C2B	35-59: BMU 60-64: C2B 65+: PULL UPS	THRUSTERS
	40		30	20	10	40
WARRIOR	THRUSTERS	TIEBREAK TIME	35-59: TTB 60+: LEG RAISE	35-59: PULL UPS 60+: RING ROWS	35-59: C2B 60+: JUMPING C2B	THRUSTERS
	40		30	20	10	40
SOLDIER	THRUSTERS	TIEBREAK TIME	LEG RAISE	RING ROWS	JUMPING PULL UPS	THRUSTERS
	40		30	20	10	40

**ATHLETE NAME** \_\_\_\_\_

**TIME:** \_\_\_\_\_

**35-39**  **40-44**  **45-49**  **50-54**  **55-59**  **60-64**  **65+**   
**HERO**  **WARRIOR**  **SOLDIER**

**STATE** \_\_\_\_\_

**JUDGE NAME** \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT ML 22.3

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**ATHLETE NAME** \_\_\_\_\_

**TIME:** \_\_\_\_\_

**35-39**  **40-44**  **45-49**  **50-54**  **55-59**  **60-64**  **65+**   
**HERO**  **WARRIOR**  **SOLDIER**

**STATE** \_\_\_\_\_

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