



Online Qualifier #1: "Michael's Secret Stuff"

Score: Time to Complete 100 Repetitions

RX

Intermediate

Scaled

EQUIPMENT

Pull Up Bar

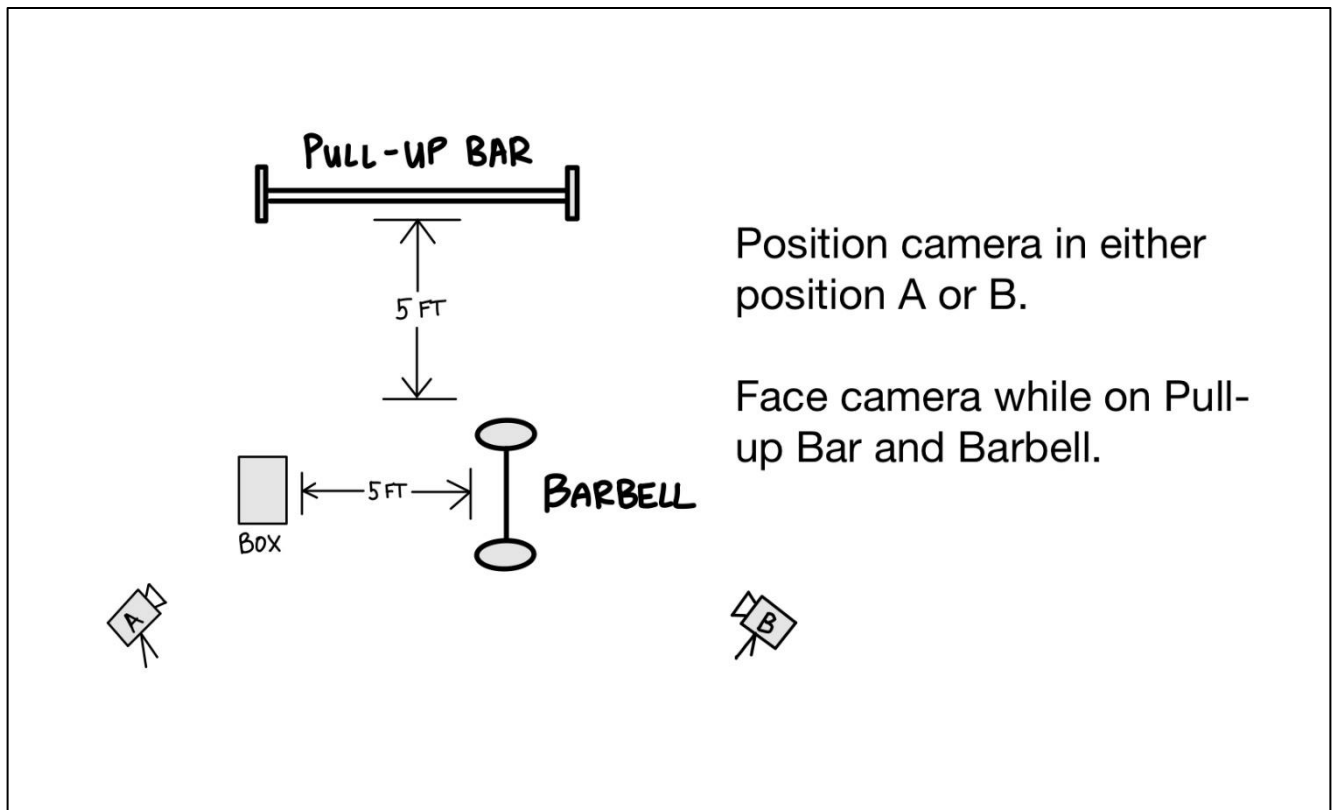
Barbell

Plates

Clips

Plyo Box

FLOOR PLAN





MOVEMENT STANDARDS

Chest to Bar Pull Ups (RX) and Chin Over Bar (Intermediate) Pull Ups:

Athlete may perform dead hang-strict, kipping or butterfly variations as long as ALL requirements are met below.

- Arms fully extended at the start or bottom position with the feet off the ground.
- Overhand, underhand or mixed grip are all permitted.
- CHEST TO BAR: At the top of the repetition, the chest MUST clearly contact the bar below the collarbone. No contact will be a No rep.
- CHIN OVER BAR: At the top of the repetition, the chin MUST clearly be seen over the bar. Height of the chin in line with or below the bar will be a No rep.
- Tape is permitted around the pull up bar and the athlete may wear hand protection such as gymnastics grips. However, there cannot be tape AND hand protection.

Jumping Chest to Bar (Scaled)

- Athlete must show in their introduction a measurement of the pull up bar being 6 inches above their head when standing tall.
- Arms fully extended at the start position.
- Overhand, underhand or mixed grip are all permitted.
- At the top of the repetition, the chest MUST clearly contact the bar below the collarbone.

Thruster

- 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.

Burpee Box Jumps Overs

- Athletes must face the box. Lateral burpees or the athlete's body diagonal to the box will receive no reps. Feet must stay within the width of the box to be considered box facing burpees.
- Two foot takeoff is required on the jump.
- Hip Extension is NOT required at the top for both the jump over and the step over (scaled).
- Step Overs require both feet to touch the top of the box on the over component of the movement

VIDEO SUBMISSION

- Utilize the floor plan provided to guide set up for the workout.
- Avoid placing the camera low to the ground. It is recommended to place the camera at least 3 feet off the ground.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer **MUST** be visible throughout the entire workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do NOT use a countdown timer.
- Ensure the Judge does not obstruct the view of the athlete. If this occurs, reps completed out of sight will be considered no reps.