



**WEEK 3 – QUALIFIER WORKOUT 3**  
**— 12 MIN AMRAP —**

(AsRx, Masters 35-39, Masters 40-44, Masters 45-49, Masters 50-54)

Athlete Name: \_\_\_\_\_ Division Competing: \_\_\_\_\_

**Reps**

12 Chest-to-bar Pull-ups	12
8 Deadlifts	20
12 Handstand Push-ups	32
8 Deadlifts	40
12 Chest-to-bar Pull-ups	52
8 Deadlifts	60
12 Handstand Push-ups	72
8 Deadlifts	80
12 Chest-to-bar Pull-ups	92
8 Deadlifts	100
12 Handstand Push-ups	112
8 Deadlifts	120
12 Chest-to-bar Pull-ups	132
8 Deadlifts	140
12 Handstand Push-ups	152
8 Deadlifts	160
12 Chest-to-bar Pull-ups	172
8 Deadlifts	180

12 Handstand Push-ups	192
8 Deadlifts	200
12 Chest-to-bar Pull-ups	212
8 Deadlifts	220
12 Handstand Push-ups	232
8 Deadlifts	240
12 Chest-to-bar Pull-ups	252
8 Deadlifts	260
12 Handstand Push-ups	272
8 Deadlifts	280
12 Chest-to-bar Pull-ups	292
8 Deadlifts	300
12 Handstand Push-ups	312
8 Deadlifts	320
12 Chest-to-bar Pull-ups	332
8 Deadlifts	340
12 Handstand Push-ups	352
8 Deadlifts	360

12 Chest-to-bar Pull-ups	372
8 Deadlifts	380
12 Handstand Push-ups	392
8 Deadlifts	400
12 Chest-to-bar Pull-ups	412
8 Deadlifts	420
12 Handstand Push-ups	432
8 Deadlifts	440
12 Chest-to-bar Pull-ups	452
8 Deadlifts	460

Presented By:



Sponsored By:



**Total Reps**



## WEEK 3 – QUALIFIER WORKOUT 3

— 12 MIN AMRAP —

(Masters 55+)

Athlete Name: \_\_\_\_\_ Division Competing: \_\_\_\_\_

**Reps**

12 Pull-ups	12
8 Deadlifts	20
12 Push Press	32
8 Deadlifts	40
12 Pull-ups	52
8 Deadlifts	60
12 Push Press	72
8 Deadlifts	80
12 Pull-ups	92
8 Deadlifts	100
12 Push Press	112
8 Deadlifts	120
12 Pull-ups	132
8 Deadlifts	140
12 Push Press	152
8 Deadlifts	160
12 Pull-ups	172
8 Deadlifts	180

12 Push Press	192
8 Deadlifts	200
12 Pull-ups	212
8 Deadlifts	220
12 Push Press	232
8 Deadlifts	240
12 Pull-ups	252
8 Deadlifts	260
12 Push Press	272
8 Deadlifts	280
12 Pull-ups	292
8 Deadlifts	300
12 Push Press	312
8 Deadlifts	320
12 Pull-ups	332
8 Deadlifts	340
12 Push Press	352
8 Deadlifts	360

12 Pull-ups	372
8 Deadlifts	380
12 Push Press	392
8 Deadlifts	400
12 Pull-ups	412
8 Deadlifts	420
12 Push Press	432
8 Deadlifts	440
12 Pull-ups	452
8 Deadlifts	460

Presented By:

**ASSAULT  
AIRBIKE**

Sponsored By:



**Total Reps**



**WEEK 3 – QUALIFIER WORKOUT 3**  
**– 12 MIN AMRAP –**  
 (Scaled)

Athlete Name: \_\_\_\_\_ Division Competing: \_\_\_\_\_

**Reps**

12 Jumping Chin Over Bar Pull-ups	12
8 Deadlifts	20
12 Hand Release Push-ups	32
8 Deadlifts	40
12 Jumping Chin Over Bar Pull-ups	52
8 Deadlifts	60
12 Hand Release Push-ups	72
8 Deadlifts	80
12 Jumping Chin Over Bar Pull-ups	92
8 Deadlifts	100
12 Hand Release Push-ups	112
8 Deadlifts	120
12 Jumping Chin Over Bar Pull-ups	132
8 Deadlifts	140
12 Hand Release Push-ups	152
8 Deadlifts	160
12 Jumping Chin Over Bar Pull-ups	172
8 Deadlifts	180

12 Hand Release Push-ups	192
8 Deadlifts	200
12 Jumping Chin Over Bar Pull-ups	212
8 Deadlifts	220
12 Hand Release Push-ups	232
8 Deadlifts	240
12 Jumping Chin Over Bar Pull-ups	252
8 Deadlifts	260
12 Hand Release Push-ups	272
8 Deadlifts	280
12 Jumping Chin Over Bar Pull-ups	292
8 Deadlifts	300
12 Hand Release Push-ups	312
8 Deadlifts	320
12 Jumping Chin Over Bar Pull-ups	332
8 Deadlifts	340
12 Hand Release Push-ups	352
8 Deadlifts	360

12 Jumping Chin Over Bar Pull-ups	372
8 Deadlifts	380
12 Hand Release Push-ups	392
8 Deadlifts	400
12 Jumping Chin Over Bar Pull-ups	412
8 Deadlifts	420
12 Hand Release Push-ups	432
8 Deadlifts	440
12 Jumping Chin Over Bar Pull-ups	452
8 Deadlifts	460

Presented By:



Sponsored By:



**Total Reps**

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## WEEK 3 – QUALIFIER WORKOUT 3

6.23.16 7 PM CDT – 6.27.16 7 PM CDT

### AsRX, Masters 35-39

12 minutes:

- 12 chest-to-bar pull-ups
- 8 deadlifts (245/165lbs)
- 12 handstand pushups
- 8 deadlifts (245/165lbs)

### Masters 40-49

12 minutes:

- 12 chest-to-bar pull-ups
- 8 deadlifts (225/155lbs)
- 12 handstand pushups
- 8 deadlifts (225/155lbs)

### Teen, Masters 50-54

12 minutes:

- 12 chest-to-bar pull-ups
- 8 deadlifts (185/125lbs)
- 12 handstand pushups
- 8 deadlifts (185/125lbs)

### Masters 55+

12 minutes:

- 12 pull-ups
- 8 deadlifts (155/115lbs)
- 12 push press (95/65lbs)
- 8 deadlifts (155/115lbs)

### Scaled

12 minutes:

- 12 jumping chin over bar pull-ups
- 8 deadlifts (135/95lbs)
- 12 hand release push-ups
- 8 deadlifts (135/95lbs)

## EQUIPMENT

To complete this workout you will need:

- Pull up bar
- One barbell (Masters 55+ may use two)
  - For the purpose of this competition, 15-kg barbells will be considered to be 35 lb., and 20-kg barbells will be considered to be 45 lb.
- Collars
- Plates
- Wall mark set to the athlete's individual height for the handstand push-ups (RX, Masters 35-54 & Teens; details in Movement Standards)

## NOTES

Prior to starting this workout each athlete in the RX, Masters 35-54 and Teen divisions will need to stand against the wall and measure and mark their foot line for the handstand push-ups (details in Movement Standards section)

This workout begins with the athlete standing at the pull-up bar. At the call of GO, the athlete will perform as many rounds and reps as possible of the workout for their division within the prescribed timecap.

Every rep counts in this workout. Your score will be the total number of repetitions completed within the timecap.

All athletes should carefully review the workout standards for movement and load variations across divisions.

# MOVEMENT STANDARDS

## CHEST-TO-BAR PULL-UP (RX, Masters 35-54, Teens)

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. Any grip is allowed, as long as the arms are fully extended at the bottom. At the top, the chest MUST CLEARLY COME INTO CONTACT with the bar, below the collarbone.

## PULL-UP (Masters 55+)

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all requirements are met. Any grip is allowed, as long as the arms are fully extended at the bottom. At the top, the chin must break the horizontal plane of the bar.

## JUMPING CHIN OVER BAR PULL-UP (Scaled)

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall. At the bottom, the athlete must lower themselves so their arms are fully extended. At the top, the chin must break the horizontal plane of the bar.



## WEEK 3 – QUALIFIER WORKOUT 3

6.23.16 7 PM CDT – 6.27.16 7 PM CDT

### DEADLIFT

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are NOT ALLOWED. Starting at the floor, the barbell is lifted until the hips and knees reach full extension with the shoulders open and behind the bar. Any hand position is allowed, but the arms must be straight throughout. Deliberate bouncing or increased speed on the descent of the barbell is NOT ALLOWED. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

### HANDSTAND PUSH-UP (RX, Masters 35-54, Teens)

Prior to starting you will need to establish the foot line for your handstand push-up. Stand facing the wall on the same surface your hands will be on (if you are using plates with a mat or abmat you must take the measurement from that height), with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching. From here, mark the height of your wrists, then measure down 3 inches and create a line on the wall. Mark your line with a permanent marker, chalk or tape and make sure it is clearly visible with the video camera. Judges may restore the line between rounds if needed.

Each repetition of the handstand push-up BEGINS AND ENDS with the HEELS in contact with the wall and above the pre-marked line. The athlete may place their hands however they choose, as long as their heels are above the line. At the bottom, the athlete's head must make contact with the ground or abmat. If the head and hands are on different surfaces, the surfaces must be level. Use of an abmat and plates WILL BE ALLOWED, however the top of the pad must be flush with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep. Kipping IS ALLOWED.

### PUSH PRESS (55+)

Each rep of the push press begins with the barbell in the front rack position on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. Use of a rack is NOT ALLOWED. The athlete may dip and drive with the legs while the weight is on the shoulders, however, once the barbell leaves the shoulder, the hips and knees MUST remain straight until the weight is locked out overhead. Push jerks or split jerks are NOT ALLOWED. At the top, the elbow, shoulder, hips and knees must be fully extended with the bar directly over the athlete's body with the feet in line under the hips.

### HAND RELEASE PUSH-UPS (Scaled)

This is a standard push-up; a straight body position must be maintained throughout. Snaking, sagging, or pushing up from the knees will result in a NO REP. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest must touch the floor and the hands must be lifted off the ground.

### VIDEO SUBMISSION STANDARDS

Please note that a video is not required to be uploaded when submitting your score. Please see our FAQ page for details on the video submission process for top qualifying athletes after the Qualifier is complete

Prior to starting the workout, state your name and division. Film the plates and barbell that will be used so that the loads can be clearly seen. Athletes will also need to film the foot line measurement for their handstand push-ups (details in Movement Standards). All video submissions must be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be at an angle that can confirm contact for the chest-to-bar pull-up and full lockout on the deadlifts and handstand push-ups.

Depending on the layout of your gym, another person may be needed to move the camera during the workout. The athlete MUST remain in the frame through the entire workout.

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.