

EVENT 1



CLASSIC FINAL INDIVIDUAL

"ENTER THE DRAGON"

For time

30 bar muscle ups
 15 squat snatch 85/60^{kg}
 45 toes to bar
 30 clean & jerk 85/60^{kg}

TC 12 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX + BENELUX + 35-39

All movements as prescribed
 Weight 85/60 kg

40-44 + 45-49 + 16-17

Gymnastics volume reduction:
 20/15 bar muscle ups, 30 toes to bar
 Weight 70/50 kg

50+

Gymnastics volume reduction:
 15/10 bar muscle ups, 30 toes to bar
 Weight 52,5/35 kg

Scaled

20 pull-ups
 20 ground to overhead 50/30 kg
 40 hanging knee raise
 20 ground to overhead 50/30 kg

NOTES

This workout begins with the athlete standing at the starting mat. After the call of "3,2,1 ... go," the athlete will move towards the pull-up bar and perform 30 bar muscle-ups, moving on to 15 squat snatches, back to the rig for 45 toes to bar and finishing the workout using the same barbell for 30 clean & jerks. Upon completion of the last clean & jerk the athlete will sprint to the finish line to end the workout. The athlete's score is the time upon completion of all repetitions and reaching the finish line.

VIEWING REMARKS

The starting mat is located close to the rig. For the bar muscle-ups the athletes use their pull-up bar. The squat snatch with a barbell is done at one specific area counting for 15 reps. The toes to bar are done at the same pull-up bar as the bar muscle-ups. Finally the clean & jerks are done in a specific area counting for 30 reps. The finish is on the opposite side of the start, so basically at the end of the lane. Upon completion of the last squat snatch, the athlete needs to move the barbell to the designated area for clean & jerks, before moving back to the pull-up bar. The barbells are set up in a staggered stance.