



WOD 3

Individuals / Masters / Teams

Male / Female

For time (CAP4 '):

30 double unders

15 Toes to Bar

30 double unders

10 Chest to bar Pull Ups

30 double unders

5 Bar Muscle Ups

SCORE: Final Time.

Scaled

Male / Female

For time (CAP4 '):

30 Single unders

15 V-ups

30 Single unders

10 pull ups

30 Single unders

5 Chest to bar Pull Ups

SCORE: Final Time.



STANDARDS OF MOVEMENT

V-ups: lying on the floor with the arms stretched above the head the athlete touches with the hands and feet to the ground to initiate the movement, where later it touches clearly with both hands in the tip of the feet in order to finish the repetition.

Toes-to-Bar: from the hanging position with the arms in full extension, the athlete pulls the feet so that they touch clearly in the bar; must then return to the extension and make the feet go beyond the bar line to start the second rep; any zone of the feet can contact the bar as long as it is simultaneously and between the hands;

Pull Ups: From the hanging position with the arms to full extension, the athlete pulls so that the chin clearly exceeds bar; must then return to the arm extension to start the second rep;

Chest to Bar Pull Ups: From the hanging position with the arms in full extension, the athlete pulls himself so that the chest clearly touches the bar; must then return to the arm extension to start the second rep;

Bar Muscle Up: From the hanging position, the athlete pulls into a support position above the bar; complete the movement with the full extension of elbows at the top; the feet at the moment of swing cannot exceed in height the line of the bar; Only hands / chest contact with structure;