

# EVENT 1 - CHUBBS

## **"CHUBBS"**

### **3 SETS FOR TIME:**

**2 - 3 - 4**

**WORM CLEAN + JERKS**

**SYNCHRO BURPEE BAR MUSCLE-UPS**

**—REST 1:00 AFTER EACH SET—**

**TIME CAP: 15:00**

### **WEIGHTS/MOVEMENTS PER DIVISION**

**RX: WORM - 200LBS | SYNCHRO BURPEE BAR MUSCLE-UPS**

**INTERMEDIATE: WORM - 150LBS/100LBS | SYNCHRO BURPEE CHIN OVER-THE-BAR PULL-UPS**

**NOVICE/NOVICE MASTERS: WORM - 100LBS/70LBS | SYNCHRO BURPEE JUMPING BAR MUSCLE-UPS**

### **FLOW**

This workout begins with athletes standing at the wall. At the call of 3,2,1, GO!... Athletes will move to the Worm to begin set 1. Athlete's will perform 2 Worm Clean + Jerks, once the 2 Worm Clean + Jerks are complete, athlete's will turn around and face the marked tape line. Athlete's will now perform 2 Synchronized Burpee Bar Muscle Ups (Intermediate Divisions will perform Synchronized Burpee Chin Over-the-Bar Pull-Ups, Novice Divisions will perform Synchronized Burpee Jumping Bar Muscle-Ups). Once the 2 Synchronized Burpee Bar Muscle-Ups are complete, athlete's will move back to the Worm and perform 3 Worm Clean + Jerks, once the 3 Worm Clean + Jerks are complete, athletes will perform 3 Synchronized Burpee Bar Muscle Ups. Once the 3 Synchronized Burpee Bar Muscle-Ups are complete, athlete's will move back to the Worm and perform 4 Worm Clean + Jerks, once the 3 Worm Clean + Jerks are complete, athletes will perform 4 Synchronized Burpee Bar Muscle Ups. THIS IS THE END OF SET 1, now athletes will rest 1:00 before starting the second set of 2-3-4.

This format will continue for 3 sets TOTAL. Time will be called when both athletes cross the pull up bars on the pull up rig. If a team does not complete the reps under the given time cap, the score will be the time cap plus the reps not completed within the time cap. Score is TOTAL time of the 3 sets including the rest time.

### **GENERAL/EQUIPMENT STANDARDS**

- Worm Clean + Jerks are from the floor, touch-and-go is permitted.
- Worm MUST be kept in the front of the lane. Judges will remind teams to move the Worm back into position for safety issues.
- Worm Clean + Jerks are performed facing the crowd.
- The Synchronized Burpee "Pulling" movement MUST be facing the wall.
- When going down to the floor for the burpee, ALL athletes' hands MUST be behind the marked tape line.
- During the Synchronized Burpee "Pulling" movement, the only synchronized part of the movement is at the bottom of the burpee. The "pulling" movement does not have to be synchronized.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.



## **MOVEMENT STANDARDS**

### **WORM CLEAN & JERKS (ALL DIVISIONS)**

Each rep begins with the worm on the floor. Athletes must lift the worm to the shoulder in one smooth motion. The worm must be resting on the shoulder of both athletes at the same time before the jerk portion begins. Each rep of the jerk begins with the worm on the shoulders and finishes with the worm resting on the opposite shoulder. The worm must be moved to the opposite shoulder at the same time and must be in contact with the shoulder simultaneously for the rep to count. The worm must then go to the floor and be touching the floor simultaneously before starting the next rep. Touch and go reps are permitted.

### **SYNCHRONIZED BURPEE BAR MUSCLE-UPS (RX DIVISIONS)**

The Synchronized Burpee Bar Muscle Up starts with both athletes behind the tape line facing the pull up bars. When dropping into the burpee, all athletes' hands **MUST** be behind the marked tape line, this includes the fingers. Each athletes' chest and thighs must touch the ground at the same time. When going to the floor, a jump back or step back is permitted. When coming up from the burpee after the chest touches the ground, athletes may step up or jump up to return to their feet. If a no rep occurs during the synchronized portion of the burpee, athletes do not have to restart the rep from a standing position, both athletes can wait on the floor until both chests meet at the bottom. When the burpee is complete, athletes may now step into the pull up bar to begin their muscle up. Athletes 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, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip. Athletes must pass through some portion of a dip before locking out over the bar. The rep is credited when both athletes arms are fully locked out in the support position above the bar and their shoulders are over or slightly in front of the bar. Only the athlete's hands, and no other part of the arms, may touch the bar during the rep. Removing your hands while in the support position is not allowed. At lockout, only the athlete's arms may support the athlete's weight. The Muscle Ups do NOT have to be synchronized. Athletes will face the wall.

### **SYNCHRONIZED BURPEE BAR CHIN OVER-THE-BAR PULL-UPS (INTERMEDIATE DIVISIONS)**

The Synchronized Burpee Chin Over-the-Bar Pull Up starts with both athletes behind the tape line facing the pull up bars. When dropping into the burpee, all athletes' hands **MUST** be behind the marked tape line, this includes the fingers. Each athletes' chest and thighs must touch the ground at the same time. When going to the floor, a jump back or step back is permitted. When coming up from the burpee after the chest touches the ground, athletes may step up or jump up to return to their feet. If a no rep occurs during the synchronized portion of the burpee, athletes do not have to restart the rep from a standing position, both athletes can wait on the floor until both chests meet at the bottom. When the burpee is complete, athletes may now step into the pull up bar to begin their chin over-the-bar pull up. This is a standard chin-over-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. Overhand, underhand or mixed grip are all permitted. At the top of the movement, the chin must break the horizontal plane of the bar. The Chin Over-the-Bar Pull-Ups do NOT have to be synchronized.

### **SYNCHRONIZED BURPEE JUMPING BAR MUSCLE-UPS (NOVICE DIVISIONS)**

The Synchronized Burpee Jumping Bar Muscle Up starts with both athletes behind the tape line facing the pull up bars. When dropping into the burpee, all athletes' hands **MUST** be behind the marked tape line, this includes the fingers. Each athletes' chest and thighs must touch the ground at the same time. When going to the floor, a jump back or step back is permitted. When coming up from the burpee after the chest touches the ground, athletes may step up or jump up to return to their feet. If a no rep occurs during the synchronized portion of the burpee, athletes do not have to restart the rep from a standing position, both athletes can wait on the floor until both chests meet at the bottom. When the burpee is completed, athletes may now step to their Rogue pull up bar to begin their jumping muscle up. Athletes must begin with or pass through a hang below the bar, with arms fully extended and feet on the ground. A kip motion on the floor under the Rogue Bar is acceptable. After showing full arm extension under the Rogue Bar, athletes must pass through some portion of a dip before locking out over the bar. Athletes are not required to jump from the bottom position. Athletes may stand after showing full arm extension under the Rogue Bar and then jump on top of the bar. The rep is credited when both athletes arms are fully locked out in the support position above the bar and their shoulders are over or slightly in front of the bar at the same time. Only the athlete's hands, and no other part of the arms, may touch the bar during the rep. Removing your hands while in the support position is not allowed. At lockout, only the athlete's arms may support the athlete's weight. The Rogue Bar will be set between mid-chest and collarbone. The Muscle Ups do NOT have to be synchronized. Athletes will face the entrance wall when performing the jumping bar muscle up.

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