

## "UPS & DOWNS"

FOR TIME: (BREAK UP AS YOU SEE FIT)

6 - 8 - 10 - 12

BAR MUSCLE UPS

12 - 10 - 8 - 6

SNATCHES (ASCENDING WEIGHTS)

\*BETWEEN EACH SET, PERFORM 2 LENGTHS OF WORM LUNGES, EACH LENGTH MUST BE UNBROKEN

TIME CAP - 12:00

<p><u>PULL UP VARIATION - BAR MUSCLE UPS</u></p> <p><u>SNATCH WEIGHT FOR RX MEN</u> 12 @ 135lbs 10 @ 155lbs 8 @ 175lbs 6 @ 185lbs</p> <p><u>WORM WEIGHT</u> 200lbs</p>	<p><u>PULL UP VARIATION - BAR MUSCLE UPS</u></p> <p><u>SNATCH WEIGHT FOR RX WOMEN</u> 12 @ 95lbs 10 @ 105lbs 8 @ 115lbs 6 @ 125lbs</p> <p><u>WORM WEIGHT</u> 150lbs</p>	<p><u>PULL UP VARIATION - CHEST-TO-BAR PULL UPS/ BAR MUSCLE UPS</u></p> <p><u>SNATCH WEIGHT FOR INTERMEDIATE MEN/RX MASTERS</u> 12 @ 95lbs 10 @ 115lbs 8 @ 125lbs 6 @ 135lbs</p> <p><u>WORM WEIGHT</u> 150lbs</p>	<p><u>PULL UP VARIATION - CHEST-TO-BAR PULL UPS</u></p> <p><u>SNATCH WEIGHT FOR INTERMEDIATE WOMEN</u> 12 @ 65lbs 10 @ 75lbs 8 @ 85lbs 6 @ 95lbs</p> <p><u>WORM WEIGHT</u> 100lbs</p>
<p><u>PULL UP VARIATION - JUMPING CHEST-TO-BAR PULL UPS</u></p> <p><u>SNATCH WEIGHT FOR NOVICE MEN</u> 12 @ 65lbs 10 @ 75lbs 8 @ 85lbs 6 @ 95lbs</p> <p><u>WORM WEIGHT</u> 100lbs</p>		<p><u>PULL UP VARIATION - JUMPING CHEST-TO-BAR PULL UPS</u></p> <p><u>SNATCH WEIGHT FOR NOVICE/NOVICE MASTERS WOMEN</u> 12 @ 45lbs 10 @ 55lbs 8 @ 60lbs 6 @ 65lbs</p> <p><u>WORM WEIGHT</u> 70lbs</p>	

## FLOW

This workout begins with both athletes standing on the starting mat. At the call of 3,2,1, GO!... Athlete 1 will move to the Pull-Up bar and Athlete 2 will stay on the starting mat. Athlete 1 will do as many of the required pull-up variation reps as they desire until the specific rep scheme for that set is completed. If Athlete 1 wishes to switch with Athlete 2 at any time to complete the set, they must head to the starting mat to tag their partner in. You can switch athletes as many or as little amount of times as you wish to complete the set before moving on to the Snatches.

After the Pull-Up set is complete, the team will begin to work on the Snatches at the required weight. There will only be one Athlete working at a time. The non-working athlete must stay behind the marked tape line away from the wall. You can follow the same format as the Pull-Up variation where you can switch out athletes as much or as little as you'd like to complete to set.

Once the set of Snatches is complete, both athletes MUST change the weight of the Snatch to the next required weight before moving on to the 2 lengths of Worm Lunges.

At the worm, athletes will lunge across the competition lane to the marked tape line. The first length of lunges is complete when both of the front athletes' feet are clearly on top of the marked tape line. The Worm must be dropped before working your way back to the starting line where the Worm began. Again, on the way back, the second length of lunges is complete when both of the front athletes' feet are clearly on top of the marked tape line. Each length of Worm Lunges MUST be unbroken.

Once the Worm Lunges are complete, athletes will drop the Worm and move onto the next set of the increased rep Pull-Up variation, heavier weight of Snatches and then back to the Worm.

The reps of the Pull-Up variation increase. The Weight of the Snatches increase as the reps decrease.

The above format will continue until the last set of 12 of the Pull-Up variation, 6 Snatches and 2 Lengths of Worm Lunges are complete.

Time will be called when both athletes are back on the starting mat.

If teams do not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the team a timed score.

FOR THE OFFICIAL MOVEMENT STANDARDS AS WELL AS INFORMATION ABOUT EACH DIVISION AND WORKOUT VARIATION, PLEASE VISIT [NXTLVLPERFORMANCE.CA/GAMES](http://NXTLVLPERFORMANCE.CA/GAMES)

## GENERAL/EQUIPMENT STANDARDS

- During the Pull-Up variation, the athlete not working must be waiting on the starting mat.
- During the Snatches, the athlete not working must be behind the tape line away from the wall.
- Athletes will be in charge of loading their own barbell to the correct weight, the judge will give verbal assistance to let the team know which weight is next and what weights to load the bar with.
- The worm must stay in the Worm lane.
- Tape lines will be marked for turnaround point on lunges.
- Worm Lunge lengths MUST be unbroken.
- Worm must be dropped between each length.
- Only the front athletes' feet must be on top of the tape line for the rep to be credited.
- Weight plates must be in their designated spots before the athlete lifts for safety concerns.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

## MOVEMENT STANDARDS

### BAR MUSCLE UPS (RX DIVISION)

The athlete 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. The athlete must pass through some portion of a dip before locking out over the bar. The rep is credited when the athlete's arms are fully locked out in the support position above the bar and the athlete's shoulders are over or slightly in front of the bar. Only the hands, and no other part of the arm, may touch the bar during the rep. Removing the hands in the support position is not allowed. At lockout, only the arms may support the athlete's weight. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. For athletes requiring tape protection, the athlete is responsible for providing the tape and removing of the tape.

### CHEST-TO-BAR PULL UPS (INTERMEDIATE DIVISION)

The athlete must start each rep with their arms fully extended and their feet off the ground. Any style of pull-up or grip is permitted as long as the other requirements are met. The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### JUMPING CHEST-TO-BAR PULL UPS (NOVICE DIVISION)

The pull-up bar should be at least 6 inches (15 cm) above the top of the head when the athlete is standing tall. Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar. At the start of each rep, the athlete must lower until their arms are fully extended. The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### SNATCH

For the Snatch, the barbell begins on the ground and must be lifted overhead in one smooth motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. No part of the body other than the feet may touch the ground during the repetition. For divisions that use plates smaller in diameter than standard bumper plates, each repetition must begin with the barbell clearly below the knees. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a "no rep." A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

### WORM LUNGES

Each step starts with the athletes on the same side of the Worm, with the Worm resting on their shoulders. At the bottom, each athlete's knee must make contact with the ground at the same time. At the top of each step, each athlete's hips and knees must be fully extended at the same time before beginning the next step. Each worm length MUST be unbroken.