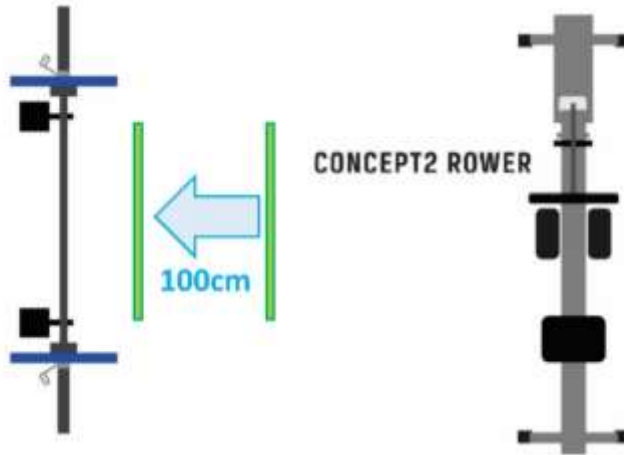




MOVEMENT STANDARDS

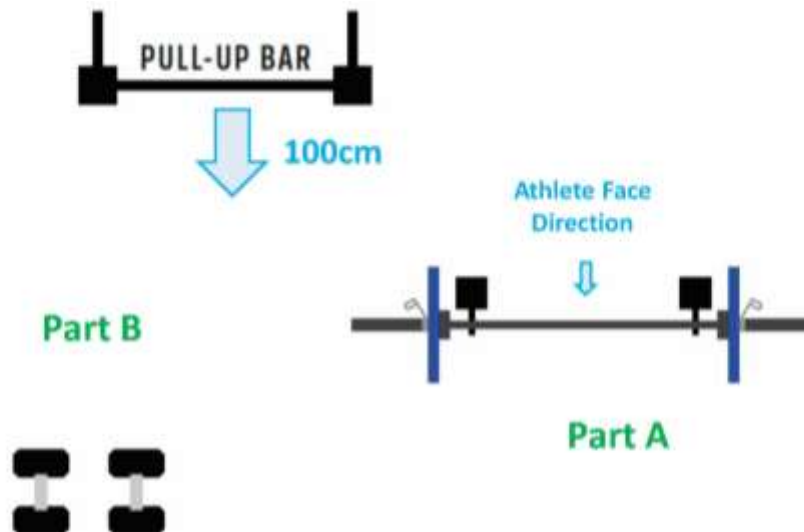


QUALIFYING WORKOUT ONE FLOOR PLAN



BATTLE 4 BAR 2024
QUALIFYING WORKOUT 1 – FLOOR PLAN

QUALIFYING WORKOUT TWO FLOOR PLAN



BATTLE 4 BAR 2024
QUALIFYING WORKOUT 2 – FLOOR PLAN



ROW

- The monitor must be clearly visible in your video.
- The monitor on the rower must be set to zero at the beginning of each row and must count up to the designated number of CALORIES.
- Athlete may receive assistance resetting the rower.
- Start seated on the rower with your hands off the handle until after the call of “3, 2, 1, ... go.”
- You must remain seated with your hands on the handle until the monitor reads the designated number of calories during each round.

THRUSTER

- Each thruster attempt begins with the barbell on the ground.
- The crease of the hips must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed but not required when the bar is taken from the floor.
- The rep is credited when:
 - The athlete’s hips, knees, and arms are fully extended.
 - The bar is directly over, or slightly behind, the middle of the body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is NOT allowed.

TOE TO BAR

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- 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.

KNEES RAISES

- The athlete must begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the athlete’s knees rise above the hips.

DEVIL PRESS

- Chest touches the ground at bottom of burpee with dumbbells on the ground.
- Dumbbells must move in continuous motion overhead.
- Clean and jerk is also permitted.



- Rep is complete when dumbbells are overhead with elbows, hips, and knees locked out and over the center plane of the body.

BURPEES OVER BAR

- Athletes may choose, bar facing or lateral.
- Athletes may jump or step back to reach the bottom position.
- The athlete's head must stay behind the barbell if athletes do bar facing burpees.
- Stepping and/or jumping back to the starting position are both permitted.
- The athlete **MUST** clearly jump over the barbell.
- Both feet must be off the ground as the athlete passes over the bar.
- Stepping over is **NOT** permitted.
- The athlete does **NOT** need to use a two-foot takeoff.
- Touching the barbell on the jump is a "NO REP."
- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- If the athlete receives a "no rep" for any reason, the entire rep must be repeated.

SQUAT CLEAN

- The barbell begins on the ground.
- The athlete must pass through a full squat with hips below the knees.
- It is allowed to do power clean followed by front squat, but only for SCALED division.
- The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.