



Presented by:



The Fox Valley's Fittest 4

Workout 3

The See-saw
10:00 AMRAP

RX: M (155/135/115) F (105/95/75)	SCALED: M (95/75/65) F (65/55/45)
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Single File Line Order: F1,M1,F2,M2
3,2,1...GO!

20 Thrusters - 5 Each (RX: 155/105) (SCALED: 95/65)
RX = 20 Bar Muscle Ups - 5 Each
SCALED = 20 Hang Power Cleans - 5 Each (95/65)
then...

40 Thrusters - 10 Each (RX: 135/95) (SCALED: 75/55)
RX = 40 Chest to Bar Pull Ups - 10 Each
SCALED = 40 Ring Rows - 10 Each
then...

60 Thrusters - 15 Each (RX: 115/75) (SCALED: 65/45)
RX = 60 Toes to Bar - 15 Each
SCALED = 60 Toes to Rig - 15 Each
then...

MAX: This can be done any way, by any one.
One person working at a time.
RX: Bar Muscle Ups
SCALED: Hang Power Cleans (95/65)

**Score = TOTAL reps completed in 10:00*



The See-saw:

At a count of 3.2.1.Go... Teams will be required to finish the rep scheme portion (not the MAX portion) of this workout in a single file line order F1,M1,F2,M2.

Example: F1 will complete the thruster rep scheme AND their BMU/Hang Power Clean rep scheme before M1 will be able to start theirs. This sequence will need to be maintained throughout the repped scheme portion (not maxes at the end).

Once a team has completed the reps at the required weight on the barbell, they may switch out the weights for their team to reflect the next weighted sequence. This CAN be done while one of the team members is working.

After the entire team has completed the repped portion of the workout, the team can move onto the MAX portion. These reps can be completed by anyone in any order as long as it's only 1 person working at a time.



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Thruster:



- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- The rep is credited when: - the athlete's hips, knees, and arms are fully extended; and - the bar is directly over, or slightly behind, the middle of their 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.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next rep.

Bar Muscle Ups:



- 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

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Chest to Bar Pull Ups:



- 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.
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

Toes 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
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.



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Hang Power Clean:



- The barbell begins on the ground. Athletes will need to show a pause in the top position (above knee) before the hang power clean is started. Subsequent reps will only need to go back to hang position unless dropped to the floor which would then need to again pause in the top position before proceeding to the next rep.
- Barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar
- Hip crease may NOT go below top of knee level at the bottom of the catch.

Ring Rows:



- Rep will start in the extended "bottom" position with toes touching the designated tape line on the floor (male/female).
- The rep is credited when both thumbs make contact with the chest.
- Must maintain extended knees and hips at all times. No kipping is allowed.



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Toes to Rig:

- Athletes will be laying on their backs grabbing a leg of the pull up rig.
- Rep starts when heels are lifted slightly off the floor.
- Reps end when with straight legs, athletes will raise their toes to hit a designated mark on the rig.
- Athletes must show a pause with heels off the floor before ascending to top of the rep. A straight ascent from heels on the floor would be considered a no-rep.





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Floor Plan Workout #3:

