



Semi Finals - Workout 21.6 – Rx'd Masters & Teens Throwdown 2021

Friday 2 April 07:00hrs till
Sunday 11 April 23:59hrs (CET)

CROSSmaxx®



21.6 – “GymNasty”

For time – Time cap 12 min

Part 1 – 4 minutes

50 Pistols (single leg squats)
25 Pull ups

Part 2 – 4 minutes

40 Pistols
20 Chest-to-bar pull ups

Part 3 – 4 minutes

30 Pistols
15 Bar Muscle ups

This workout includes a tiebreak.

At the end of 20 chest-to-bar pull ups the time should be marked.

Variations Rx'd Teens 12-13 & Masters

55+: You are allowed to replace pistols by Backward Lunges. Log your score as scaled within the Rx'd division. Your score (of this workout only) will be ranked under athletes performing this workout as prescribed.

Scaled: Different movements apply to all divisions: [go to dedicated Scaled pages](#)

Equipment preparation

- Pull up situation
- Check the [floor plan](#)

Video submissions

- Use WODProof app
- Please carefully read all [requirements on the last page](#)

Workout notes*

Set a clock that **counts up**.

The workout starts with the athlete standing tall. On the count of 3, 2, 1, GO...the athlete starts the workout: within maximum 4 minutes complete 50 pistols (single leg squats) & 25 pull ups.

When all reps of part 1 are completed, the athlete directly advances to part 2 of the workout: complete 40 pistols & 20 chest-to-bar pull ups, you have until the clock reaches 8:00min.

After part 2: note time = tie break

When part 2 is completed before 8:00 minutes, the athlete directly advances to the final part of the workout: complete 30 pistols & 15 bar muscle ups. You have until 12:00min to complete the workout.

The workout stops

1. When set of 15 BMU's is completed. Note your time.
2. When clock reaches
 - a. 4:00min & athlete did not finish all reps of part 1.
 - b. 8:00min & athlete did not finish all reps of part 2.
 - c. 12:00min & athlete did not finish all reps of part 3

* [read movement standards carefully](#)

Scoring: The athlete's score is the **time** noted after having completed the prescribed workout. If athlete does not finish within the time cap, the score will be the **total number of reps** performed.

Note your tie break



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25 Pull ups

Part 2 – 4 minutes
40 Pistols
20 Chest-to-bar pull ups

Part 3 – 4 minutes
30 Pistols
15 Bar Muscle ups

Variations Rx’d Teens 12-13 & Masters 55+: You are allowed to replace pistols by Backward Lunges. Log your score as scaled within the Rx’d division. Your score (of this workout only) will be ranked under athletes performing this workout as prescribed.

| | | |
|--------------------------|--------|-----|
| 50 Pistols | | 50 |
| 25 Pull ups | | 75 |
| 40 Pistols | | 115 |
| 20 Chest to bar pull ups | | 135 |
| Tie Break | Time : | |
| 30 Pistols | | 165 |
| 15 Bar Muscle ups | | 180 |

Athlete name _____

Judge name _____

I confirm the scores accurately represent the athlete’s performance for this workout.

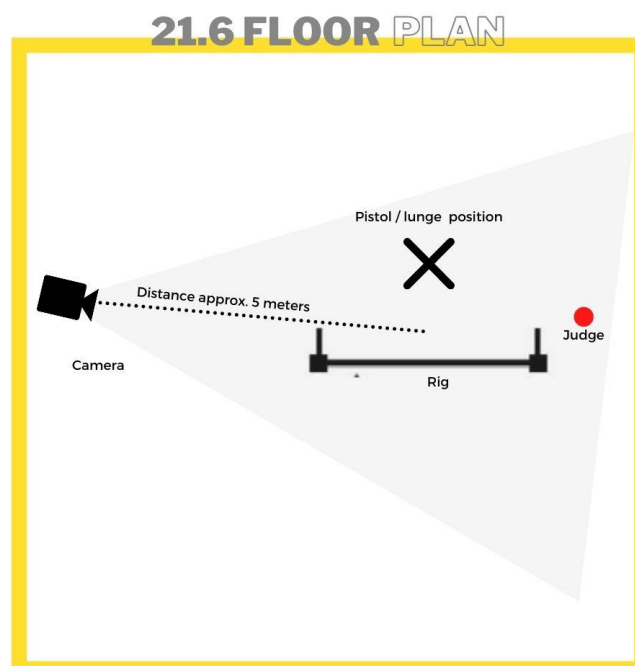
Athlete’s signature Date

End time : _____ Time capped – total number of reps completed
minutes seconds _____

| Movement standards | RX'd |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pistols – single leg squats | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=qDcniqddTeE • At the start and finish of each rep, the hips and knee of the working leg are extended • The non-working leg must remain in front of the body (cannot pass beyond profile) • Holding on to the non-working leg is permitted • At the bottom, the hip crease must pass below the top of the knee on the working leg • If any part of the body other than the support foot touches the floor before lockout, the rep will not count • Must alternate legs after every successful rep • Must complete a successful rep on one side before alternating • Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted • |
| Alternating Backward Lunges (scaled option for Rx'd Teens 12-13 & Masters 55+) | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=OX0fKkaY6_c • The athlete must alternate which foot leads for each step backwards. • Each lunge begins with the feet together and the athlete standing tall with hips and knees extended. • At the bottom of the lunge, the trailing knee must make contact with the ground • The rep is credited when the athlete has returned to the starting position: standing tall with hips and knees fully extended. • Shuffle steps between steps are not allowed. |
| Pulls ups | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=aAggnpPyR6E • The arms must be fully extended at the bottom, with the athlete's feet off the ground. • At the top, the chin must break the horizontal plane of the bar. • Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met • Athletes may use tape around the pull-up bar or wear hand protection, not both |

| | |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Chest-to-bar pull ups</p> | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=xf69XHAs5w8 • The arms must be fully extended at the bottom, with the athlete's feet off the ground. • The rep is credited when the chest clearly comes into contact with the bar below the collarbone. • Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. • Athletes may use tape around the pull-up bar or wear hand protection, not both |
| <p>Bar Muscle ups</p> | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=OCg3UXgzftc • The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. • Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. • No portion of the foot may rise above the height of the bar during the kip. • The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. • Athletes must pass through some portion of a dip-to-lockout over the bar. • Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep • Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed • Athletes may use tape around the pull-up bar or wear hand protection, not both |

Floor plan





**Semi Finals - Workout 21.6 – Scaled
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For time – Time cap 12 min

Part 1 – 4 minutes

50 Alternating Backward Lunges
25 Jumping Pull ups

Part 2 – 4 minutes

40 Alternating Backward Lunges
20 Jumping Chest-to-bar pull ups

Part 3 – 4 minutes

30 Alternating Backward Lunges
15 Pull ups

This workout includes a tiebreak.

At the end of 20 jumping chest-to-bar pull ups the time should be marked.

Equipment preparation

- Jumping pull up/C2B situation: the bar should be at least six inches above the top of the athlete's head when the athlete is standing tall
- Check the [floor plan](#)

Video submissions

- Use WODProof app
- Please carefully read all [requirements on the last page](#)

Workout notes*

Set a clock that **counts up**.

The workout starts with the athlete standing tall. On the count of 3, 2, 1, GO...the athlete starts the workout: within maximum 4 minutes complete 50 alt. BW lunges & 25 jumping pull ups.

When part 1 is completed within 4 minutes, the athlete directly advances to part 2: complete 40 alt. BW lunges & 20 jumping chest-to-bar pull ups. You have until the clock reaches 8:00min.

After part 2: note time = tie break

When part 2 is completed before 8:00min, the athlete directly advances to the final part of the workout: complete 30 alt. BW lunges & 15 pull ups. You have until 12:00min to complete the workout.

The workout stops

1. When set of 15 pull ups is completed. Note your time.
2. When clock reaches
 - a. 4:00min & athlete did not finish all reps of part 1.
 - b. 8:00min & athlete did not finish all reps of part 2.
 - c. 12:00min & athlete did not finish all reps of part 3

* [read movement standards carefully](#)

Scoring: The athlete's score is the **time** noted after having completed the prescribed workout. If athlete does not finish within the time cap, the score will be the **total number of reps** performed.

Note your tie break



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40 Alternating Backward Lunges
 20 Jumping Chest-to-bar pull ups

Part 3 – 4 minutes

30 Alternating Backward Lunges
 15 Pull ups

| | | |
|--------------------------|--------|-----|
| 50 Alternating BW Lunges | | 50 |
| 25 Jumping Pull ups | | 75 |
| 40 Alternating BW Lunges | | 115 |
| 20 Jumping C2B pull ups | | 135 |
| Tie Break | Time : | |
| 30 Alternating BW Lunges | | 165 |
| 15 Pull ups | | 180 |

Athlete name _____

Judge name _____

I confirm the scores accurately represent the athlete’s performance for this workout.

 Athlete’s signature Date

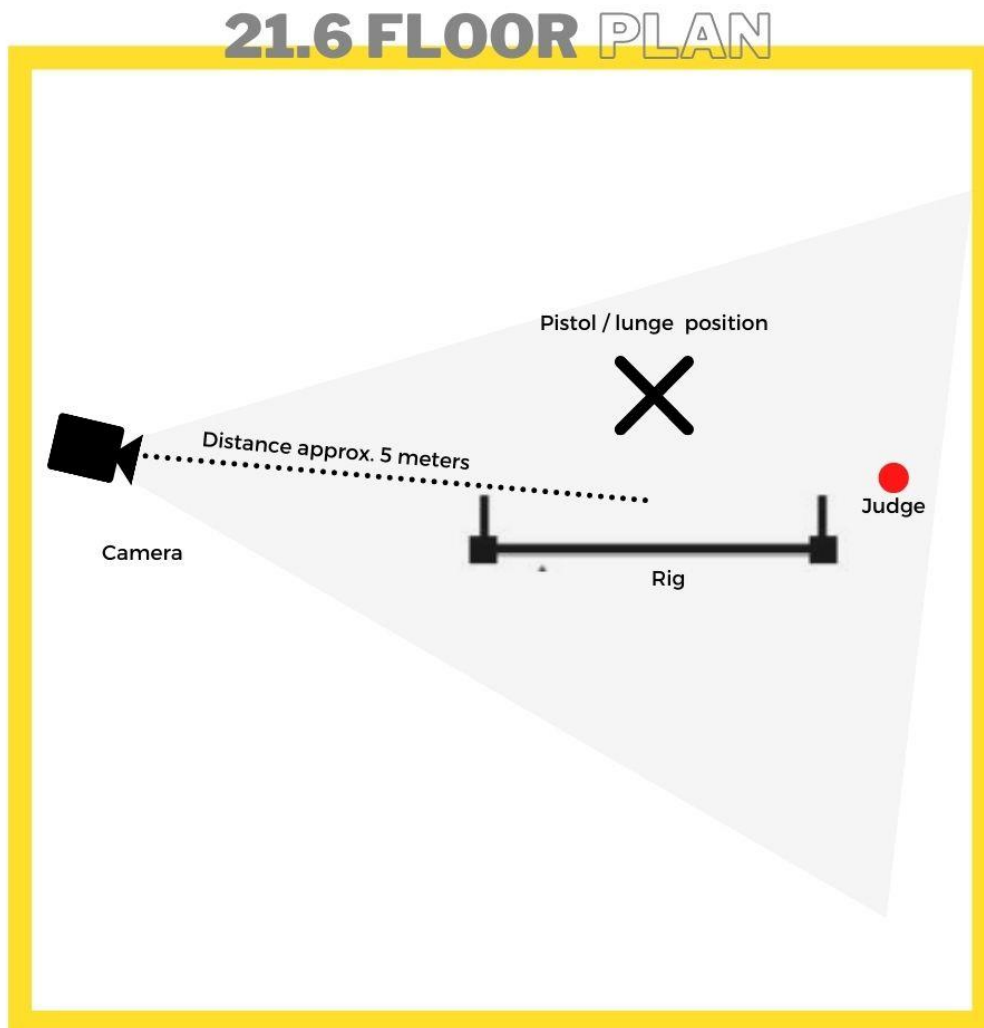
End time : _____ Time capped – total number of reps completed
 minutes seconds _____

| Movement standards | SCALED |
|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Alternating Backward Lunges | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=OX0fKkaY6_c • The athlete must alternate which foot leads for each step backwards. • Each lunge begins with the feet together and the athlete standing tall with hips and knees extended. • At the bottom of the lunge, the trailing knee must make contact with the ground • The rep is credited when the athlete has returned to the starting position: standing tall with hips and knees fully extended. • Shuffle steps between steps are not allowed. |
| Jumping Pulls ups | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=fKe5S1dd0fw • The bar should be at least six inches above the top of the athlete's head when the athlete is standing tall. • The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. • At the bottom of the movement, the athlete must lower their body so the arms are fully extended each rep. • At the top, the chin must break the horizontal plane of the bar • Athletes may use tape around the pull-up bar or wear hand protection, not both |
| Jumping Chest-to-bar pull ups | <ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=EOJr0k-8BPE • The bar should be at least six inches above the top of the athlete's head when the athlete is standing tall. • The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. • At the bottom of the movement, the athlete must lower their body so the arms are fully extended each rep. • The rep is credited when the chest clearly comes into contact with the bar below the collarbone. • Athletes may use tape around the pull-up bar or wear hand protection, not both |

Pulls ups

- Watch the YouTube video here:
<https://www.youtube.com/watch?v=aAggnpPyR6E>
- The arms must be **fully extended at the bottom**, with the athlete's feet off the ground.
- At the top, the **chin must break the horizontal plane of the bar**.
- Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met
- Athletes may use tape around the pull-up bar or wear hand protection, not both

Floor plan




Video submissions, for all athletes

All video submissions should be sharp, uncut, unedited and only showing 1 athlete at the time in order to accurately display the performance. Scores and videos not meeting the following requirements will not be approved and can lead to an invalid score.*

Use the WODProof app

- Download the app on [iOS](#) or [Google Playstore](#)
- Open the app & create an account
- Click on the round, blue button at the bottom of the page
- Click on the arrow next to "Qualifiers"
- Scroll down or use the search bar to find the M&TTD Online Qualifiers 2021 & click on it
- New to the app? Use prefilled Prep workout 1 as your test
- Choose the workout you want to start
- Enter your full name at the top of the page
- The rest is already prefilled for you! Easy peasy :-)
- Start workout
- Depending on the set-up of your workout area & the angle of your camera, choose the corner the timer is shown. Please make sure the timer does not block the view of your movements.
- Finish your workout & click to upload your video to Youtube

Prior to the workout, start your video by

- Stating your name & age division
- Clearly show that equipment standards are being met:
 - Scaled divisions: measure & show on video that the bar is at least six inches above the top of the athlete's head for jumping (C2B) pull ups
- **When you fail to show equipment standards, we cannot judge your performance  correctly & your score will be invalidated**

Placing of your camera

- You (& your judge) should be clearly visible throughout the entire workout.
- The timer with the running workout time will be shown on the WODproof app. If you do not use the WODProof app, an alternative clock should be clearly visible
- Make sure you shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Put your camera in an upright/vertical position. **Check floorplan!**
- Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Music and recording

- For your info: YouTube might block the sound of a video if songs are recognized. This will not affect your score and/or acceptance of video submission

Public or Private?

- Make sure you put your video on public so that we can watch your video.
- As soon as your score is validated we allow you to change the video back to private.

Judges

- If possible ask a (certified) judge to judge you accurately. He/she can help you to count the reps & meet the movement standards correctly. This avoids getting a penalty or being disqualified. You don't want someone to just count (bro) reps.
- Follow the official, online Crossfit [judges course](#) to better understand the position of your judge and/or be a judge for your fellow competitors.

* see rules & requirements