



## Finals 21.8 Masters & Teens Throwdown 2021

Saturday 8 May 07:00hrs till  
Sunday 16 May 23:59hrs (CET)

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### 21.8 – “Get into the flow”

1 – 2 – 3 – 4 – 5

Handstand push up  
Toes to bar  
Pull up  
Bar Muscle up

Time cap: 7 minutes

#### Variations

This work out is for the Rx'd divisions only

#### Equipment preparation

- Rig
- Tape rectangle on the floor for HSPU: 75 x 50cms. Tip: use a standard plyo box to tape around
- Flat floormat or abmat with plates

#### Video submissions

- All athletes
- See requirements in separate document

#### Workout notes\*

The workout starts with the athlete standing tall in front of the taped rectangle. On the count of 3, 2, 1, GO... the athlete starts doing 1 handstand push up, 1 toes to bar, 1 pull up and 1 bar muscle up.

Then the second round follows with 2 handstand push ups, 2 toes to bar, 2 pull ups and 2 bar muscle ups.

In round 3 the athlete performs 3 reps of each movement, then 4 reps in round 4 and 5 reps in round 5.

#### The workout ends

- After having completed the 5<sup>th</sup> BMU of round 5. Note your time.
- Or when clock reaches 7:00min

#### 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.

\* [carefully read movement standards](#)



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	HSPU	T2B	Pull up	BMU
Round 1	1	2	3	4
Round 2	6	8	10	12
Round 3	15	18	21	24
Round 4	28	32	36	40
Round 5	45	50	55	60

Athlete name \_\_\_\_\_

Judge name \_\_\_\_\_

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

\_\_\_\_\_  
 Athlete’s signature

\_\_\_\_\_  
 Date

Time  
 \_\_\_\_\_

Reps completed  
 \_\_\_\_\_

## Movement standards

### Handstand Push Up

- Watch the YouTube video here:  
Kipping:  
<https://www.youtube.com/watch?v=9wIkPCS4Mbo>  
Strict:  
<https://www.youtube.com/watch?v=0wDEO6shVjc>
- Prior to starting, a rectangle that is 75 cm wide and 50 cm deep must be marked on the floor. Tip: use a plyo box for this.
- The **palms of the hands must stay within** the dimensions of the box marked on the ground, the fingers may cross the line.
- Every repetition of the handstand push-up begins and ends at the top of a handstand with the **arms fully locked out, only the heels in contact with the wall, the hips extended and the body in line with the arms.**
- The feet must remain inside the width of the hands throughout the entire repetition.
- At the bottom, the athlete's head **makes contact** with the ground or target.
- If the head and hands are on different surfaces, **the surfaces must be level.** For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates.
- The feet do not need to remain in contact with the wall for the entire repetition, but athletes must **begin and end each repetition with their heels on the wall.**
- Kipping is allowed.

### Toes to Bar

- Watch the YouTube video here:  
Kipping:  
<https://www.youtube.com/watch?v=6dHvTIsMvNY>  
Strict:  
<https://www.youtube.com/watch?v=xX9Hzi7Onnw>
- In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar.
- At the start of each rep, the **arms must be fully extended** and the **heels must be brought back behind the bar.**
- The rep is credited when **both feet** come into contact with the bar at the **same time, between the hands.**
- Any part of the feet may make contact with the bar.
- Overhand, underhand, or mixed grip are all permitted.
- Athletes may use tape around the pull-up bar or wear hand protection, not both.

<p><b>Pull up</b></p>	<ul style="list-style-type: none"> <li>• Watch the YouTube video here: <a href="https://www.youtube.com/watch?v=aAggnpPyR6E">https://www.youtube.com/watch?v=aAggnpPyR6E</a></li> <li>• The arms must be <b>fully extended at the bottom</b>, with the athlete's feet off the ground.</li> <li>• At the top, the <b>chin must break the horizontal plane of the bar</b>.</li> <li>• Strict, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met</li> <li>• Overhand, underhand, or mixed grip are all permitted.</li> <li>• Athletes may use tape around the pull-up bar or wear hand protection, not both</li> </ul>
<p><b>Bar Muscle Up</b></p>	<ul style="list-style-type: none"> <li>• Watch the YouTube video here: <a href="https://www.youtube.com/watch?v=OCg3UXgzftc">https://www.youtube.com/watch?v=OCg3UXgzftc</a></li> <li>• The athlete must begin with or pass through a hang below the bar, with the <b>arms fully extended</b> and the <b>feet off the ground</b>.</li> <li>• Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted.</li> <li>• <b>No portion of the foot</b> may rise above the height of the bar during the kip.</li> <li>• The rep is credited when the arms are <b>fully locked out</b> while the athlete is in the support position above the bar with the <b>shoulders over or in front</b> of the bar.</li> <li>• Athletes must pass through some portion of a dip-to-lockout over the bar.</li> <li>• <b>Only the hands</b> and <b>no other part of the arm</b> may touch the pull-up bar to assist the athlete in completing the rep</li> <li>• Once on top, the <b>hands must stay in contact</b> 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</li> <li>• Athletes may use tape around the pull-up bar or wear hand protection, not both</li> </ul>