

19.1 “Fran-sterdam”

Athlete 1

21-15-9
Thrusters (30kg)
Pull-ups

Athlete 2

21-15-9
Thrusters (42.5kg)
Pull-ups

Athlete 3

9-7-5
Thrusters (42.5kg)
Bar muscle-ups

Athlete 4

9-7-5
Thrusters (60kg)
Bar muscle-ups

Rules of the workout:

- This workout allows for 2 barbells. Your teammates can prepare the weight of the barbell for the next athlete.
- This workout has a pre-defined order, you’re not allowed to change the order of the workout (start with athlete 1 - finish with athlete 4).
- This workout has one working athlete at a time, he/she must complete their set of work before the next athlete can start.

At the start of 3-2-1 GO, Athlete 1 starts the workout with 21-15-9 of Thrusters and Pull-ups. Each athlete must complete their set of work, before the next athlete can start with their set of work. The working athlete must “tag” the athlete who’s next, before that athlete can start their set. The final score of the workout is the time to complete the workout. The time-cap for this workout is 20 minutes. If the time-cap is reached, each remaining repetition adds 1-second to the time. Example: Your team has completed 120 reps out of the total 132 reps, you receive 12 penalty seconds. Your score is 20:12.

19.1 “Fran-sterdam” **SCALED**

Athlete 1

3-min AMRAP
15 Thrusters (F:30kg M:42.5kg)
15 Pull-ups

Athlete 2

3-min AMRAP
15 Thrusters (F:30kg M:42.5kg)
15 Pull-ups

Athlete 3

3-min AMRAP
21 Thrusters (F: 30kg M:42.5kg)
Max pull-ups

Athlete 4

3-min AMRAP
21 Thrusters (F: 30kg M:42.5kg)
Max pull-ups

Rules of the workout are equivalent of the RX workout.

At the start of 3-2-1 GO, Athlete 1 starts with the 3-min AMRAP of 15 Thrusters and 15 Pull-ups. Each athlete must complete their AMRAP, before the next athlete can start with their set of work. There is no need to tag the next athlete, he/she can start on the buzzer of the clock. The final score of the workout is the sum of repetitions completed by all four athletes.



Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped overhead, it must settle on the ground before the athlete picks it up for the next repetition.



Pull-up

This is a standard pull-up. Dead hang, kipping, butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. The rep is counted when the chin breaks the horizontal plane of the bar. Athletes may use an overhand or underhand grip to perform the movement.



Bar Muscle-up

The athlete must begin with or pass through a hang below the bar, with 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 counted 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 bar to assist the athlete with completing the rep. Once at top, the hands must stay in contact with the bar, and

athletes and maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.