

COMPETE

24.3 POINTS OF PERFORMANCE

EFFORT IS A CHOICE



OPEN 24.3

> WHATS IN THIS DOC

- Standards (from HQ's PDF)
- Points of Performance & Strategy Notes
- Movement breakdowns
- Elite demo splits

> WORKOUT

On a running clock

5 rounds
10 Thruster, 95/65 lbs
10 Chest-to-bar

Rest 1 Minute

5 Rounds
7 Thruster, 135/95 lbs
7 Bar Muscle-up

15 Minute cap

STANDARDS

> QUICK START (FROM HQ SCORESHEET)

****MAKE SURE you read the standards from the scorecard!****

- Start under the pull-up bar.
- At “Go,” move to the barbell and complete 10 thrusters at the lighter weight.
- Then complete 10 chest-to-bar pull-ups. Repeat this couplet for 5 rounds.
- After completing the final chest-to-bar pull-up in round 5, rest for no less than 1 minute.
- Return under the pull-up bar. After the 1-minute rest, move to the barbell.
- Complete 5 rounds of 7 thrusters at the heavier weight and 7 bar muscle-ups.
- Time stops at the completion of the last bar muscle-up.

THRUSTER

REQUIREMENTS



1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).
2. The rep is credited when:
 - Hips, knees, and arms are fully extended.
 - The bar is directly over, or behind, the middle of the body when viewed from the side.

NOTE: Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✘ Squatting to parallel or above parallel (the hip crease is at or above the knee).



- ✘ Lowering the barbell before reaching full extension of the knees, hips, or arms.



- ✘ Finishing with the barbell in front of the body.

NOTE: Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.

STANDARDS (CONT)

CHEST-TO-BAR PULL-UP

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chest clearly contacts the bar at or below the collarbone.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✘ Starting a rep without full extension of the arms.



- ✘ Making contact with the bar above the collarbone (neck or throat).

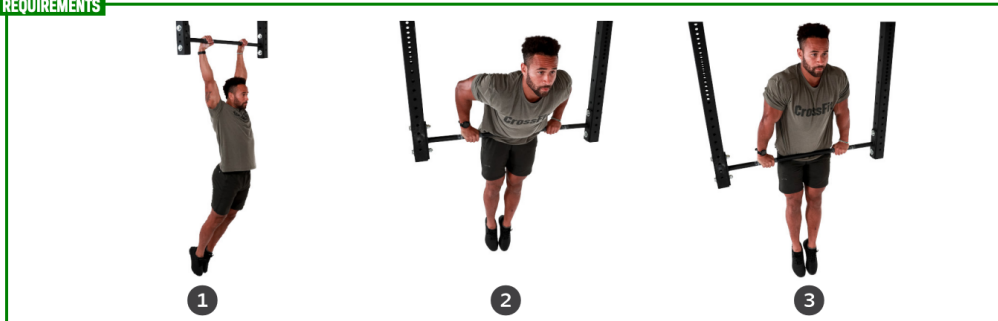


- ✘ Missing contact with the pull-up bar.

STANDARDS (CONT)

BAR MUSCLE-UP


REQUIREMENTS



1. Start each rep with arms fully extended and feet off the ground.
2. Pass through some portion of a dip before locking out over the bar.
3. The rep is credited when:
 - Arms are fully extended in the support position.
 - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✘ Starting a rep without full extension of the arms.
- ✘ The feet rising above the pull-up bar during the kip.
- ✘ Any part of the arm (besides the hands) touching the bar during the rep.
- ✘ Lowering before reaching full extension of the arms at lockout (top of each rep).
- ✘ Removing the hands and resting on the torso while above the bar.

NOTE: Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).

OPEN 24.3 DETAILS

> STRATEGY

For most athletes looking to finish inside the top 25% cut line, this workout will come down to managing fatigue to get as deep into the second 5 rounds as possible.

Starting fast in the first half of the workout is probably not the best strategy unless you are an elite level competitor. You cannot win the workout in the first half, but you absolutely CAN lose the workout here. You could see this in the elite-demo during HQ's broadcast where the field closed on Arielle Loewen during the final 2 rounds of the workout.

For athletes who make it into the 2nd half of the workout, the majority of the time spent will be resting during transitions between the thruster and bar muscle-up, for example, Jay Crouch rested for 2:27 in the 2nd half of the workout.

TLDR: in the first half, move as FAST as you can without accumulating significant fatigue so that you can maximize score in the 2nd half of the workout. If you cannot make it into the 2nd half of the workout, this strategy does not apply -- go as fast as you can!

We expect the 2nd half of the workout to take about 1.8-2x as long as the first half. Looking at the HQ demo athletes, you can see this ratio holds fairly well. We also observed this during our initial testing on-site.

Jay Crouch: 2:53 / 5:20

Arielle Loewen: 2:51 / 6:19

Mike McGoldrick: 4:58 / 8:57

*NOTE: for Age group athletes that are 14-15 / 55+ the 2nd half of the workout will probably NOT take 2x as long as the first half.

OPEN 24.3 DETAILS (CONT)

> THRUSTER

~1.5 - 2 Seconds per rep

For most people, the strategy for the first bar will likely be different than the second, heavier barbell.

First Barbell (lighter) - unless you do not anticipate making it through the first 5 rounds, the lighter barbell thrusters are probably the least important movement in the workout. Choose a strategy that allows you to move consistently and not accumulate too much fatigue in the 2nd half of the workout. If you do not anticipate getting into the 2nd half of the workout because you are limited on the chest to bar, then approach the thrusters so that you can maximize reps on the gymnastics bar.

Second Barbell (heavier) - strategic breaks on the heavier barbell will likely provide some benefit later in the 2nd half of the workout. Breaking sets into 4-3 reps can shorten the transition time from thruster → bar muscle-ups. This transition (thrusters → BMU) is where the majority of the time will be spent for anyone making it into the second round.

> CHEST TO BAR

~1 - 1.5 Seconds per rep

Even if you are capable of completing the chest to bar unbroken, it is probably not necessary if your goal is to finish this workout under the time cap. We anticipate that high level competitors can even break the chest to bar into 2 sets from the beginning and still turn in a competitive overall score.

Remember: your goal is to maximize your total time, not just the time on the first half of the workout.

OPEN 24.3 DETAILS (CONT)

> BAR MUSCLE-UP

~2.4 - 2.6 Seconds per rep

We think that a strategic break of 4-3 or 3-2-2 can potentially give better results than what we saw on the demo, even for higher level athletes. If you can reduce the transition time to 10-15 sec rather than waiting 20-25sec to do the BMU unbroken, this can potentially be faster across the 5 rounds.

For athletes who struggle with bar muscle-ups, singles can be a viable strategy here. Don't get caught up thinking that you HAVE to do bigger unbroken sets to have a competitive time. 1 rep every 15 sec completes the BMU in 1:15 per round which can be faster than a long rest before a double or triple followed by another long rest.

> MAXIMIZING THE 1 MINUTE REST

~1 - 1.5 Seconds per rep

During the 1 min rest period in the workout, there are things that you can do to improve your ability to recover.

1. Have a bottle of VERY COLD ice water on available, drink some during the rest as this internal cooling can lower your core temperature and decrease heat overload.
2. Sit down and breathe deeply - this helps to lower your heart rate, letting you start the second set of intervals with more in the tank.
3. A cold towel around the neck can also help to lower core temperature.

OPEN 24.3 DETAILS (CONT)

> SPLITS FROM LIVE DEMO

24.3 Split Analysis (example - Jay)							
	Movement	Start time	End Time	Movement Split	Transition	Seconds / Rep	Total Round Split
Round 1	10 Thrusters (95/65)	0:00	:17	:17	:03	1.7 sec	
	10 Chest-to-bar pull-ups	:20	:30	:10	:02	1 sec	0:30
Round 2	10 Thrusters (95/65)	:32	:48	:16	:04	1.6 sec	
	10 Chest-to-bar pull-ups	:52	1:04	:12	:03	1.2 sec	0:34
Round 3	10 Thrusters (95/65)	1:07	1:23	:16	:05	1.6 sec	
	10 Chest-to-bar pull-ups	1:28	1:38	:10	:05	1 sec	0:34
Round 4	10 Thrusters (95/65)	1:43	1:59	:16	:05	1.6 sec	
	10 Chest-to-bar pull-ups	2:04	2:15	:11	:05	1.1 sec	0:37
Round 5	10 Thrusters (95/65)	2:20	2:37	:17	:05	1.7 sec	
	10 Chest-to-bar pull-ups	2:42	2:53	:11	1:00	1.1 sec	0:38
Round 1	7 Thrusters (135/95)	3:53	4:07	:14	:09	2 sec	
	7 bar muscle-ups	4:15	4:34	:19	:13	2.7 sec	0:41
Round 2	7 Thrusters (135/95)	4:47	5:00	:13	:19	1.8 sec	
	7 bar muscle-ups	5:19	5:39	:20	:18	2.8 sec	1:05
Round 3	7 Thrusters (135/95)	5:57	6:10	:13	:22	1.8 sec	
	7 bar muscle-ups	6:32	6:52	:20	:23	2.8 sec	
Round 4	7 Thrusters (135/95)	7:13	7:25	:12	:21	1.7 sec	
	7 bar muscle-ups	7:44	8:13 (5/2)	:29	:13	4.8 sec (break)	
Round 5	7 Thrusters (135/95)	8:26	8:39	:13	:09	1.8 sec	
	7 bar muscle-ups	8:48	9:13 (5/2)				
	Total Transition & Breaks	3:04 seconds					
	Time/Score	9:13 (2:53 / 5:20)					

OPEN 24.3 DETAILS (CONT)

> SPLITS FROM LIVE DEMO

24.3 Split Analysis (example - Arielle)							
	Movement	Start time	End Time	Movement Split	Transition	Seconds / Rep	Total Round Split
Round 1	10 Thrusters (95/65)	0:01	0:15	0:14	0:01	1.4 sec	
	10 Chest-to-bar pull-ups	0:19	0:29	0:10	0:04	1 sec	0:29
Round 2	10 Thrusters (95/65)	0:31	0:47	0:16	0:02	1.6 sec	
	10 Chest-to-bar pull-ups	0:50	1:01	0:11	0:03	1.1 sec	0:32
Round 3	10 Thrusters (95/65)	1:03	1:20	0:17	0:02	1.7 sec	
	10 Chest-to-bar pull-ups	1:24	1:35	0:11	0:04	1.1 sec	0:34
Round 4	10 Thrusters (95/65)	1:38	1:56	0:18	0:03	1.8 sec	
	10 Chest-to-bar pull-ups	2:02	2:12	0:10	0:06	1 sec	0:37
Round 5	10 Thrusters (95/65)	2:18	2:35	0:17	0:06	1.7 sec	
	10 Chest-to-bar pull-ups	2:41	2:51	0:10	0:06	1 sec	0:39
Round 1	7 Thrusters (135/95)	3:54	4:07	0:16	0:03	2.3 sec	
	7 bar muscle-ups	4:14	4:31	0:17	0:07	2.4 sec	0:37
Round 2	7 Thrusters (135/95)	4:46	5:00	0:14	0:15	2 sec	
	7 bar muscle-ups	5:16	5:34	0:18	0:16	2.6 sec	1:03
Round 3	7 Thrusters (135/95)	5:58	6:12	0:14	0:24	2 sec	
	7 bar muscle-ups	6:33	7:02	0:29 (5/2)	0:21	4.1 sec	1:28
Round 4	7 Thrusters (135/95)	7:23	7:37	0:14	0:21	2 sec	
	7 bar muscle-ups	8:00	8:36	0:36 (5/2)	0:23	5.1 sec	1:34
Round 5	7 Thrusters (135/95)	8:57	9:12	0:15	0:21	2.1 sec	
	7 bar muscle-ups	9:28	10:10	0:42 (4/1[no rep]/2)	0:16	6 sec	1:34
	Total Transition & Breaks	3:24					
	Time/Score	10:10 (2:51 / 6:19)					