



WORKOUT 23.2

23.2A

Complete as many reps as possible in 15 minutes of:

5 burpee pull-ups

10 shuttle runs (1 rep = 50ft)

*Add 5 burpee pull-ups after each round

23.2B

Immediately following 23.2A, athletes will have 5 minutes to establish:

1-rep-max thruster (from the floor)

Variations

Rx'd (all ages)

♀ Burpee pull-ups, 50-ft shuttle run

♂ Burpee pull-ups, 50-ft shuttle run

NOTES

Prior to starting the test, follow the instructions in the movement standards for the burpee pull-up to find a pull-up bar of appropriate height. Then create a shuttle run measuring 25 ft. The pull-up bar may be in any configuration as long as the athlete starts each shuttle run behind the

designated shuttle-run start line. At the conclusion of 23.2A, barbells can be moved or placed as needed to complete 23.2B. Barbells may start pre-loaded to any weight.

Test 23.2A begins on the far side of the shuttle run, furthest from the pull-up bar. At the sound of the beep, run to the other side of the shuttle run and begin the first set of burpee pull-ups. After completing 5 reps, complete 10 shuttle runs. One shuttle run = 50 ft (25 ft down the field of play and 25 ft back). After the shuttle runs, return to the pull-up bar and complete 10 burpee pull-ups and 10 shuttle

runs. Then complete 15 burpee pull-ups and 10 shuttle runs. Continue in this fashion, adding 5 burpee pull-ups after each set of 10 shuttle runs until the 15-minute time cap.

The athlete's score for 23.2A will be the total number of repetitions completed by the 15-minute time cap.

Immediately after the conclusion of 23.2A (15 minutes), a 5-minute timer begins for 23.2B. Athletes have 5 minutes to complete their best 1-rep-max thruster. Athletes may make as many attempts as they'd like within the 5-minute time cap and may have assistance loading the barbell between attempts. Any successful attempt where the bar leaves the ground before the 5-minute time cap will count.

The athlete's score for 23.2B will be the heaviest successful lift (in pounds).

Tests 23.2A and 23.2B must be completed together.

TIEBREAK

There is no tiebreak for 23.2A.

If athletes tie on the weight lifted in 23.2B, their score on 23.2A will be used as a tiebreak. The athlete with more reps completed on 23.2A will win the tie.

EQUIPMENT

- Tape to mark the floor.
- Pull-up bar.
- Barbell, 45/35 lb.

- Bumper plates.*

- Collars.

* The official weight must be recorded in pounds.

If converting kilograms to pounds, round up to the nearest pound.

Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

VIDEO SUBMISSION STANDARDS

- Film ALL competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.

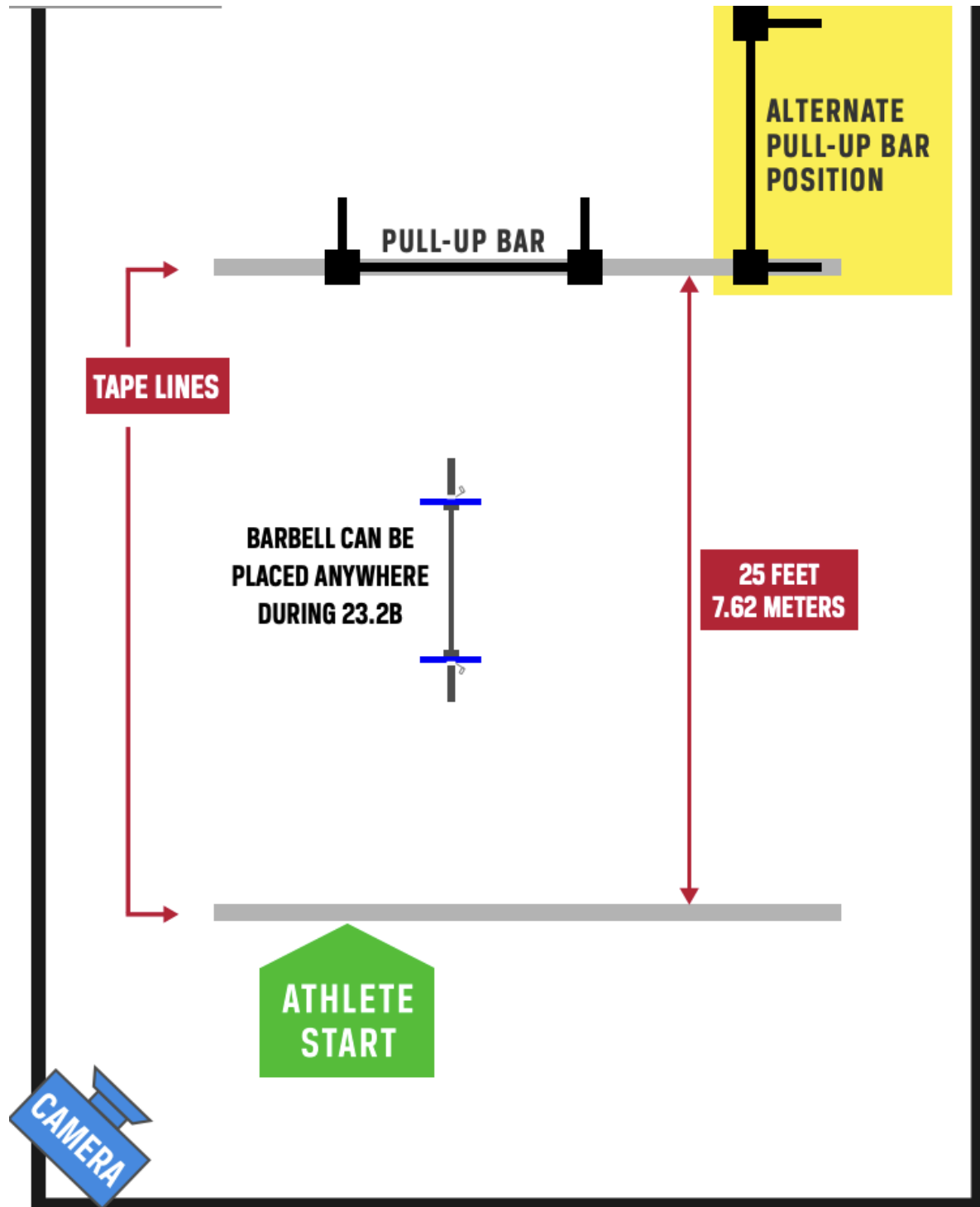
- Videos must be uncut and unedited to accurately display the performance.

- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.

- Do NOT use a countdown timer.

- Ensure the judge does not obstruct the view of the athlete.

FLOOR PLAN



MOVEMENTS STANDARDS

BURPEE PULL-UP



- The athlete begins by standing with the feet together underneath a pull-up bar.

- While standing with the hips and knees straight, extend the arms overhead.

- The arms must be in line with the torso when viewed from profile.

- Touch the thumbs of each hand together and extend the fingers.

- The athlete's fingers cannot touch the pull-up bar in the measuring position.

- The pull-up bar must be above the athlete's fingertips.

- Clearly show the measurement process during the video submission.

- An exercise mat or similar equipment may be used to decrease the distance between the ground and the pull-up bar.

- Surfaces that aid in jumping or rebounding, such as spring-floors, are not permitted.

- Athletes must touch the chest and thighs to the ground at the bottom of each burpee.

- Athletes may choose to step or jump into this position.

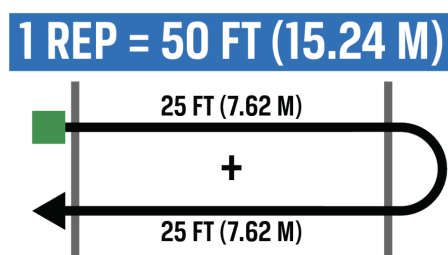
- If the athlete is using an exercise mat (or other equipment) to decrease the distance between the ground and the pull-up bar, the entire body must be on the same surface in the bottom position.

BURPEE PULL-UP (CONTINUE)



- At the top of each burpee, complete a pull-up.
- There is no hanging requirement during the pull-up.
- Athletes may:
 - Jump directly into the finish of the pull-up position, OR
 - Jump to the bar, hang, then complete a pull-up (kipping or strict).
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Any style of pull-up is permitted.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.
- If you miss the pull-up bar or do not achieve the finish position, you must complete the pull-up before beginning the next rep. You do not have to repeat the burpee if you miss the pull-up.

SHUTTLE RUN



- Each rep of the shuttle run = 50 ft (15.24 m) - 25 ft (7.62 m) down + 25 ft (7.62 m) back.
- Each rep starts with the feet clearly behind the start line.

SHUTTLE RUN (CONTINUE)



- At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return.
- Stepping on or touching the line will not count.

- On the final shuttle run of each round, the athlete must simply pass the line to begin the burpee pull-ups.
- One repetition of the shuttle run = 50 ft.
- If the athlete is time-capped on the shuttle run and does not complete the full 50 ft, the repetition will not count.
- There is no partial credit for completing 25 ft of the shuttle-run repetition.

THRUSTER



- Each thruster attempt begins with the barbell on the ground.
- Collars must be placed outside the plates before beginning any attempt.
- The crease of the hips must clearly pass below the top of the knees in the bottom position.

- The rep is credited when:
 - The athlete's hips, knees, and arms are fully extended.
 - The bar is directly over, or slightly behind, the middle of the 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.

- A full squat clean into the thruster is allowed but not required when the bar is taken from the floor.

- Athletes are allowed to receive assistance loading the bar for their next lift.

- Any successful attempt where the bar leaves the ground before the 5-minute time cap will count.

- If submitting a video, after finishing the final lift, remove and film all plates used on the bar to verify the load.