



Qualifier 18.3

19:00 Uhr Thursday, 20. Sep until 22:00 Uhr Monday, 24. Sep

Qualifier presented by



Workout 18.3

For Time 7-9-11-13-15-17 Chest to Bar Pull Ups 7-6-5-4-3-2 Front Squats

Men use 60 - 85 - 100 - 110 - 115 - 120 kg.

Women use 40 - 55 - 70 - 75 - 77.5 - 80 kg.

NOTES

This workout begins with the athlete standing underneath the pull up bar. At the call of "3, 2, 1 ... go," the athlete will perform 7 chest to bar pull-ups, then moves to the barbell to complete 7 front squats, then back and forth to chest to bar pull-ups and front squats until all repetitions are completed or the time cap is met.

In each round the number of repetitions of the chest to bar pull-up will increase, while the number of repetitions of the front squat will decrease. Each round you will add weight to the front squat. This workout ends when the athlete stands tall with hip, knees are fully extended and the elbows in front of the bar on the final rep.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 99 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 10:32.7, their score is 10:32. There is a 14-minute time cap. If they do not finish all 99 reps before the time cap, their score will be the number of reps completed.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your gender*
- Collars
- Pull Up Bar

* The official weight is in kilograms. For your convenience, the minimum acceptable weights in kilograms are 40 kg, 55 kg, 60 kg, 70 kg, 75 kg, 77.5 kg, 80 kg, 85 kg, 100 kg, 110 kg, 115 kg, and 120 kg.

For each workout, be sure the athlete has adequate space to safely complete all the 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 workout standards video may be disqualified from the competition

VIDEO STANDARDS

Prior to starting, film the plates and barbell(s) to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

We advise to use [WODProofApp](#) for the capturing of your Qualifier!



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MOVEMENT STANDARDS



This is a standard **chest-to-bar pull-up**. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.



At the top, the chest must clearly come into contact with the bar below the collarbone.



Every repetition of the **front squat** must have the athlete pass below parallel, where the hip crease is clearly below the top of the knee, and finish with the athlete standing to full extension of the knee and hip.



When taking the bar from the floor, the first repetition may be done in a squat clean.



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For Time
 7-9-11-13-15-17
 Chest to Bar Pull Ups
 7-6-5-4-3-2
 Front Squats
 Timecap 14 Minutes

	Chest to Bar Pull-Up	Front Squats	
60 kg/ 40 kg	7	7	14
85 kg/ 55 kg	9	6	29
100 kg/ 70 kg	11	5	45
110 kg/ 75 kg	13	4	62
115 kg/ 77.5 kg	15	3	80
120 kg/ 80 kg	17	2	99

Men use 60 - 85 - 100 - 110 - 115 - 120 kg.
 Women use 40 - 55 - 70 - 75 - 77.5 - 80 kg.

Reps

Total Time

Athlete Name _____
Print Name

Total Time _____
 or
 Reps _____

Affiliate _____ Judge _____
Name of Affiliate Print Name

Initial _____
 Has Judge passed Yes / No
 Online Judges Course?

I confirm the information above accurately represents my performance
 for the workout.

Athlete Signature Date

Affiliate Copy



Athlete Copy

Athlete Name _____
Print Name

Total Time _____
 or
 Reps _____

Affiliate _____ Judge _____
Name of Affiliate Print Name

Initial _____
 Has Judge passed Yes / No
 Online Judges Course?