



The European Championships

17.3



Twisted Fran!

Workout Description & Movement Standards
(Rx / Masters / Scaled / Teens)

Workout 17.3

Score = Total Reps

Rx:

Round 1 (3 Minute Time Cap)

15 – 12 – 9

Thrusters @42.5/30 kg

Pull Ups

Round 2 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 6 Mins)

12 – 9 - 6

Thrusters @42.5/30 kg

Chest to Bar Pull Ups

Round 3 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 9 Mins)

AMRAP 9 – 6 - 3

Thrusters @42.5/30 kg

Ring Muscle Ups

Masters (35 yrs+):

Round 1 (3 Minute Time Cap)

15 – 12 – 9

Thrusters @35/25 kg

Pull Ups

Round 2 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 6 Mins)

12 – 9 - 6

Thrusters @35/25 kg

Chest to Bar Pull Ups

Round 3 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 9 Mins)

AMRAP 9 – 6 - 3

Thrusters @35/25 kg

Ring Muscle Ups

Scaled:

Round 1 (3 Minute Time Cap)

15 – 12 – 9

Thrusters @30/20 kg

Jumping Pull Ups

Round 2 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 6 Mins)

12 – 9 - 6

Thrusters @30/20 kg

Jumping Chest to Bar Pull Ups

Round 3 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 9 Mins)

AMRAP 9 – 6 - 3

Thrusters @30/20 kg

Jumping Ring Muscle Ups

Teens (13-17 yrs):

Round 1 (3 Minute Time Cap)

15 – 12 – 9

Thrusters @20/15 kg

Jumping Pull Ups

Round 2 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 6 Mins)

12 – 9 - 6

Thrusters @20/15 kg

Jumping Chest to Bar Pull Ups

Round 3 (3 Minute Time Cap added to previous Round Timecap, i.e Total Timecap = 9 Mins)

AMRAP 9 – 6 - 3

Thrusters @20/15 kg

Jumping Ring Muscle Ups

Thruster



This is a standard barbell thruster in which the athlete starts with the barbell in the front rack position, completes a front squat with the hip crease passing below the knees and finishing with the bar overhead with arms fully locked out.



A full squat clean into the thruster is allowed. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body for the rep to count.



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Workout Description & Movement Standards
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Pull Ups (Rx / Masters)



For the pull up, starting in a hanging position with arms fully extended and the feet off the ground and passing clearly behind the rig on each rep, the athletes chin must clearly pass over the bar.

Chest to Bar Pull Ups (Rx / Masters)



For the chest to bar pull up, starting in a hanging position with arms fully extended and the feet off the ground and passing clearly behind the rig on each rep, the athletes chest must clearly make contact with the bar anywhere below the collarbone.



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Workout Description & Movement Standards
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Ring Muscle Ups (Rx / Masters)

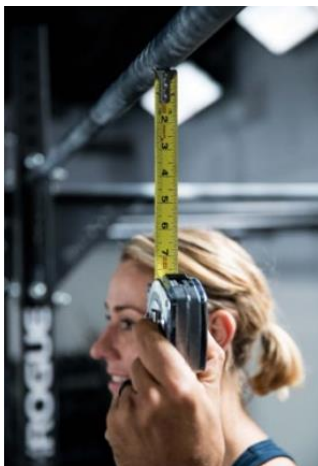


For the ring muscle-up, the athlete starts in a hanging position with arms fully extended and the feet off the ground and passing clearly behind the line of the rings on each rep. The heels may not rise above the height of the rings during the kip.



At the top, the elbows must be fully locked out while the athlete supports themselves above the rings.

Jumping Pull Ups / Chest to Bar Pull Ups (Scaled / Teens)



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall.



At the bottom, the arms must be fully extended.



At the top, the chin must break the horizontal plane of the bar for a Pull Up Rep to count. For a Chest to Bar Rep to count the chest must clearly make contact with the bar anywhere below the collarbone.



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Jumping Ring Muscle Ups (Scaled / Teens)



To set the height of the rings for the Jumping Muscle Ups athletes must stand at full extension with the rings making contact with the shoulders.



The movement starts with both the athletes feet flat on the ground, and finishes when the athlete reaches full extension with the elbows locked out over the top of the rings.



The athlete must show full control when locked out over the top of the rings for the rep to count.