



Presented by Orr Ford • Kia • Nissan

· Saturday & Sunday, MAR 14th & 15th 2020

· Shreveport Convention Center

· Shreveport, LA

Muscle Row

On a running clock:

- Buy-in:
 - 2000M row
 - D-ball carry to next progress marker
 - Assigned Ring/Bar reps
- Then, 4 rounds of:
 - 250M row
 - D-ball carry to next marker
 - Assigned Ring/Bar reps

Division Standards:

D-ball carry to next progress marker:

- 100/80# (M/F for Pro, Rx individuals and teams)
- 80/60# (M/F for all others)

Assigned Ring/Bar reps:

- 5/3 Ring Muscle Ups (M/F for Pro, Rx individuals and teams)
- 4/2 Bar Muscle Ups (M/F for 40-49, Intermediate teams)
- 5/3 Chest to bar (M/F for 50+)
- 5/3 Pull ups (M/F for scaled individuals and teams)

DAY: Saturday

LOCATION: Main Floor

TIMECAP: 16 minutes (individuals and teams)

NOTES

For this workout, the athlete will begin behind the start/finish line. At the call of “3,2,1, go!” the athlete will proceed to the rower and row 2000M. Once they have completed 2000M row, they will pick up their D-ball and move it to the next progress marker. They will then return to the rig and perform the assigned number of ring/bar reps before returning to the rower. They will then continue with 4 rounds of: 250M row, D-ball move, assigned ring/bar reps. After the final set of ring/bar reps, the athletes will then cross the finish line.

SCORING

- The score will be determined by the total time to complete the work.

TIEBREAK

- In the event of a tie, the time to complete the 2000M row will be the tie break.

EQUIPMENT

- Rig (chalk will be available)
- Rower (pre-programmed for all required distances)
- D-ball

MOVEMENT STANDARDS

- **D-Ball:** The D-ball may be carried or rolled to the next progress marker.
- **Ring Muscle Ups:** The athlete must begin with or pass through a hang below the rings, with the arms fully extended and the feet off the ground. The heels may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings and athlete must pass through some portion of a dip before lockout. Kipping the muscle up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.
- **Bar Muscle ups:** Must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Heels may not rise above the height of the bar during a kip. Roll/Glide kips are not permitted. Elbows must be fully locked out at top, and shoulders over or in front of the bar. Only the hands, and no other part of the arm (i.e., forearm or armpit), may touch the pull-up bar to complete the rep.
- **Chest to Bar Pull ups:** Standard chest-to-bar pull ups allow strict, kipping, or butterfly reps, provided the arms are fully extended at the bottom, with the feet off the ground and the bar clearly contacting chest below the collarbone at the top.
- **Pull ups:** Standard pull ups allow strict, kipping, or butterfly reps, provided the arms are fully extended at the bottom, with the feet off the ground and the chin clearly above the level of the bar at the top.

TEAM INSTRUCTIONS

- Teams must have at least one partner exchange on the rower during the 2K buy-in. The remaining work may be divided between partners in whatever fashion they chose.
- Only one partner may work at a time, and a clear tag must be observed before the resting partner may become the working partner.



SCORECARD: Muscle Row

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| 2000M Row | |
| ROW TIME | |
| D-BALL MOVE | |
| RING/BAR REPS | |
| | |
| 250M row | |
| D-BALL MOVE | |
| RING/BAR REPS | |
| 250M row | |
| D-BALL MOVE | |
| RING/BAR REPS | |
| 250M row | |
| D-BALL MOVE | |
| RING/BAR REPS | |
| 250M row | |
| D-BALL MOVE | |
| RING/BAR REPS | |
| END TIME | |