



Presented by U-Auto Pull It Auto Parts

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

· Shreveport Convention Center

· Shreveport, LA

U Pull It

On a running clock, complete:

- 20 D-Ball Cleans
- 30 Toes to Rings
- 40 Alternating Dumbbell Snatches
- 2x60 ft. weighted sled pull then push

Division Standards:

Pro: D-ball: 100/80#; Toes to Ring; DB Snatch: 70/50#; Sled 190/135#

Rx Individuals and Teams: D-ball: 100/80#; Toes to Ring; DB Snatch: 70/50#; Sled 170/125#

40-49 and Intermediate Teams: D-ball: 80/60#; Toes to Ring; DB Snatch: 50/35#; Sled 145/100#

50+: D-ball: 80/60#; Toes to Ring; DB Snatch: 50/35#; Sled 125/85#

Scaled Individuals and Teams: D-ball 80/60#; Ring Knee Raises; DB Snatch: 35/25#; Sled 125/85#

DAY: Sunday

LOCATION: Main Floor

TIMECAP: 8 minutes individuals/10 minutes 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 D-ball and perform 20 reps, advancing to the next progress marker every 10 reps. Then, proceed to the rings to perform 30 reps. Then, proceed to the dumbbell to perform 40 alternating DB snatch, advancing to the next progress marker every 10 reps. Finally, they will pull the weighted sled 60 ft. and push it back to where it started, then repeat before crossing finish line.

SCORING

The score will be the time to complete the workout.

TIEBREAK

Time to complete last dumbbell snatch

EQUIPMENT

- D-balls.
- Rig and Rings (chalk will be available).
- Dumbbells.
- Sled with rope.

MOVEMENT STANDARDS

- **D-ball Cleans:** The movement starts with athlete standing over the D-ball. One rep will be counted each time the ball is picked up off the ground and lifted to rest on top of the shoulder. With the D-ball on the shoulder at the top of the movement, the athlete must be standing tall with hips and knees in full extension. Alternating shoulders is not required. Touch and go is allowed. If dropped from shoulder, D-ball must be dropped in front of the athlete (this is not a D-ball over the shoulder).
- **Toes to Rings:** At the start of each rep, the arms must be fully extended with the feet off the ground. Each rep must include full extension of the hips and knees at the bottom of the rep. Both feet must come into contact with any part of the rings or the fingers at the same time at the top of the rep.
- **Ring knees raises:** At the start of each rep, the arms must be fully extended with the feet off the ground. Each rep must include full extension of the hips and knees at the bottom of the rep. The knees must be above parallel at the top of the rep (above the height of the hip crease).
- **Alternating Dumbbell Snatch:** The rep starts with the dumbbell on the ground and finishes with the dumbbell directly overhead with full extension of the knees, hips, and arms. The dumbbell must be in line with shoulders and hips when viewed from front or side at the top of each rep. At the bottom of the movement, ONE head of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing is not allowed. Athletes must alternate arms after each rep and can do so at any point during descent of the dumbbell or on the ground. The non-lifting hand and arm may not be in contact with the body.
- **Sled Pull:** The sled must be pulled by the rope using the hands only, from a position within a 6x10 ft. area (the “pulling box”). The athlete may sit or stand, as long as the feet and legs are not used to assist in the pull by walking backwards while gripping the rope. No part of the athlete’s body may cross the limits of the pulling area. The entire sled must cross the line.
- **Sled Push:** Starting within the entire sled in the pulling box (after completion of the pull), the sled is pushed with any part of the body in contact with the sled until the entire sled crosses the finish line.

TEAM INSTRUCTIONS

- Teams must do twice the work of individuals, including double the sled pulls and pushes.
- Team members may divide the work in any fashion.
- Team members may work individually or together on the sled pull/push.



SCORECARD:

Individuals					
	D-Ball Cleans	Toes to Rings	Alternating DB Snatch	Sled Pull	Sled Push
10				1	
20				2	
30					
40					
LAST SNATCH TIME:					
			FINISH TIME:		

TEAMS					
	D-Ball Cleans	Toes to Rings	Alternating DB Snatch	Sled Pull	Sled Push
20				1	
40				2	
60				3	
80				4	
LAST SNATCH TIME:					
			FINISH TIME:		