



Presented by CrossFit SBC

· Saturday & Sunday, APR 24th & 25th 2021

· Shreveport Convention Center

· Shreveport, LA

#1-MEAN FRANCINE

For Time:

- 12-9-6-3 of:
 - Thrusters
 - Bar Muscle Ups

DIVISION VARIATIONS

- Elite (#155/105, BMU)
- RX (#135/95, BMU)
- Masters 40-49 (#115/85, BMU)
- Masters 50+ (#115/85, C2B)
- Scaled (#95/65, Ring Rows)
- Open Teams 21-15-12-9 (Alternating worm thrusters #135/95, BMU)
- Intermediate Teams 21-15-12-9 (Alternating worm thrusters #135/95, C2B)
- Scaled Teams 21-15-12-9 (Alternating worm thrusters #135/95, Ring Rows)

DESCRIPTION: Each athlete will begin behind the start/finish line. At the call of “3,2,1, go!” the athlete runs to his/her assigned bar and begins with 12 thrusters, then moves the bar to the next designated thruster section of the lane before proceeding to the rig to perform 12 BMU. The workout will continue with 9/9, 6/6, and 3/3 of this couplet until completed. Each athlete then will sprint back to the start/finish the line.

DAY: Saturday

LOCATION: Main Floor

TIMECAP: 6 minutes (individuals and teams)

SCORING: Time to complete the couplet.

TIEBREAK: None

EQUIPMENT

- Shorty barbells (preloaded).
- Rig (chalk and step-up bars provided).
- Rings
- Two-man worms

MOVEMENT STANDARDS

- **Thrusters:**
 - This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead. The bar starts on the ground.
 - The hip crease must pass below the knees. 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 heels.
- **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 bar to complete the rep.
- **Chest to Bar Pull ups:**
 - Standard chest-to-bar pull ups allow strict, kipping, and 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.
- **Ring Rows:**
 - The feet must be positioned directly under the rings, and some portion of both feet must remain in contact with the tape at all times.
 - Each rep must begin in the “hanging plank” position, arms fully extended with elbows locked out and full extension at the hips and knees. Each rep must finish by pulling the body up so that the rings/hands touch the torso without bending the knees or piking at the hips.

TEAMS

- Teams will have a 21-15-12-9 rep scheme.
- Teams will perform Alternating Worm Thrusters instead of barbell thrusters.
 - Requires full extension of hips/knees while worm passes overhead as Athletes alternate shoulders for each rep (i.e., full extension of arms overhead not required).
 - The worm is advanced down the lane after each segment of thrusters is completed.
 - Lifting/holding the worm by using the straps affixed to the worm will result in a NO REP.