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ELFIT 2016 Elite Individuals Qualifier Workouts

Workout 2 “Full Throttle”

8 Min AMRAP

7 Chest to Bar / Pull Ups

9 Box Jump Overs (24” / 20”)

30 Double Unders

Welcome to ELFIT 2016

The Second Individual Qualifier Workout is a “Full Throttle” brought to you by Palm Hills Club

Time Cap: 8 Minutes

Box Height: (24”/20”) (60/50 CM)

Workout Description:

Athletes will have 8 minutes to perform as many rounds / reps as possible of Chest to bar pull ups for males, Chin over bar pull ups for females, 9 box jump overs and 30 Double unders.

The workout begins with the athlete standing below the pull up bar with his hands by his side, at the call of 3,2,1... GO the athlete may jump to the pull up bar and start performing 7 chest to bar pull ups for male individuals and masters, and 7 chin over the bar for female athletes then he/she moves then to the box to perform 9 box jump overs, then to the skip rope to perform 30 double unders after that he/she moves back to the pull up bar, and so on until the 8 minutes are over, the score of this workout is the number of reps performed within the 8 minutes time cap.

The Motion Standards

Chest To Bar Pull-ups:

The rep starts with the athlete hanging in full extension from the pull up bar and ending with the athlete's chest clearly making contact with the bar below the collar bone, if the reps doesn't start with full extension then it's a no-rep, if the athlete doesn't make contact with the bar below the collar bone it is also a no-rep. Only standard pull-up grip is allowed.



Pull Ups:

The rep starts with the athlete hanging from the Pull-up bar in full extension and ends when the athletes chin has clearly passed the horizontal line of the pull up bar, if the reps doesn't start with full extension then it's a no-rep, if the athlete's chin doesn't clearly pass the horizontal line of the pull-up bar it is also a no-rep. Strict, Kip and butterfly kip are allowed, only standard pull-up grip is allowed.



Box Jump Overs:

The rep starts with the athlete standing tall at one side of the box and ends when both feet passes over the box and lands on the other side. Stepping up is not allowed, stepping down is allowed. If any body part touches the box other than the bottom of the feet then it is a no rep, if the athlete jumps from around the box then it is a no-rep.





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Double Unders

For the rep to count the rope must rotate forward twice around the body when the athlete jumps. Attempts do not count. The athlete can mix single unders with double unders but they must accumulate the required amount of double unders for that set before moving on.





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Workout 2 "A Full Throttle"

Athlete's Name:

Judge Name:

Date: / / 2016

Category:

Location:

Box Height (24" / 20") - (60 / 50 CM)

Rounds /Motions	7 Chest to Bar / Pull Ups	9 Box Jump Overs (24"/20")	30 Double Unders
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			

Total Reps:

Athlete's Signature:

Judge's Signature: