

WORKOUT 1: FRAN³

For Time: 17 Mins Time Cap

15-12-9 (F)

Thrusters (85 lbs)

Pull Ups

6 Synchro Double Dumbbell Devil Presses

(22.5 kg / 15 kg) (F -M1-M2)

12-9-6 (M1)

Thrusters (115 lbs)

Chest to Bar Pull Ups

9 Synchro Double Dumbbell Devil Presses

(22.5 kg / 15 kg) (F -M1-M2)

9-6-3 (M2)

Thrusters 135 lbs

Bar Muscle Ups

12 Synchro Double Dumbbell Devil Presses

(22.5 kg / 15 kg) (F -M1-M2)

NOTES:

- Workout Starts with All 3 Athletes behind the designated line.
- After the call of "3,2,1...Go" The female Athlete will move to the commence the sequence of thrusters and pull ups.
- After completing the sequence athlete will move to the dumbbell area to perform the maximum number of synchro devil presses
- Athletes must control all pieces of equipment. Should the equipment move outside of their assigned lanes teams will be penalized with a no rep.

SCALED OPTIONS

Female: Thrusters 65 lbs
Toes To Bar
Dumbbell 10 kg

Male 1: Thrusters 95 lbs
Pull Ups
Dumbbell 15 kg

Male 2: Thrusters 115 lbs
Chest to Bar Pull Ups
Dumbbell 15 kg

Male 2: Thrusters 115 lbs
Chest to Bar Pull Ups
Dumbbell 15 kg

EQUIPMENT

RX

Pull Up Bar

2x20 kg barbells

1x15 kg barbell

2x45 lbs plates / 2x35 lbs plates /
2x25 lbs plates

4x22,5 kg dumbbells & 2x15kg
dumbbell

SCALED

Pull Up Bar

2x20 kg barbells

1x15 kg barbell

2x35 lbs plates / 2x25 lbs plates /
2x15 lbs plates

4x15 kg dumbbells & 2x10kg
dumbbell

MOVEMENT STANDARDS

Thrusters



- The athlete and the barbell must remain on the side of the 8-ft (2.45-meters) tape line away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended; and
 - the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

Pull Ups



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

Chest To Bar



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Bar Muscle Ups



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



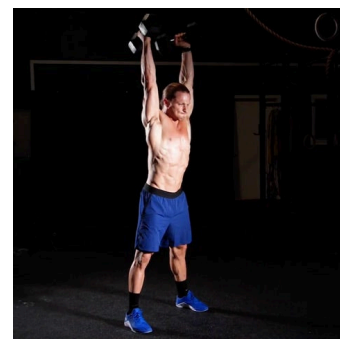
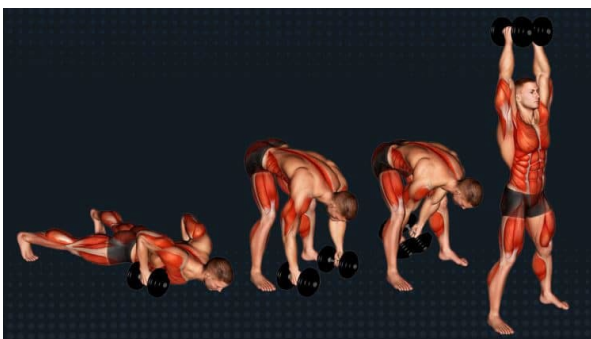
- The athlete must pass through some portion of a dip before locking out over the bar.

Bar Muscle Up (Continued)



- The rep is credited when:
 - the athlete's arms are fully locked out in the support position above the bar; and
 - the athlete's shoulders are over or slightly in front of the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.

Devil Press



- Movement starts with all athletes grabbing both dumbbells and performing a burpee.
- Both sides of each dumbbell must touch the floor. Chest Must also touch the floor.
- Dumbbell must not touch the legs or torso in any part of the movement.
- Athletes can swing, snatch the dumbbells to the overhead position. Clean & Jerk is not allowed.
- Both arms must be fully locked at the end of the movement
- Synchronization is on the floor (chest and both dumbbells touching the floor) and at the locked overhead position (All 3 athletes must achieved the locked position simultaneously)
- Dropping the dumbbell from above the hip line will be penalized with a no rep
- Athletes will perform the devil presses in a single file behind each other.

SCALED TEAMS

Toes To bar

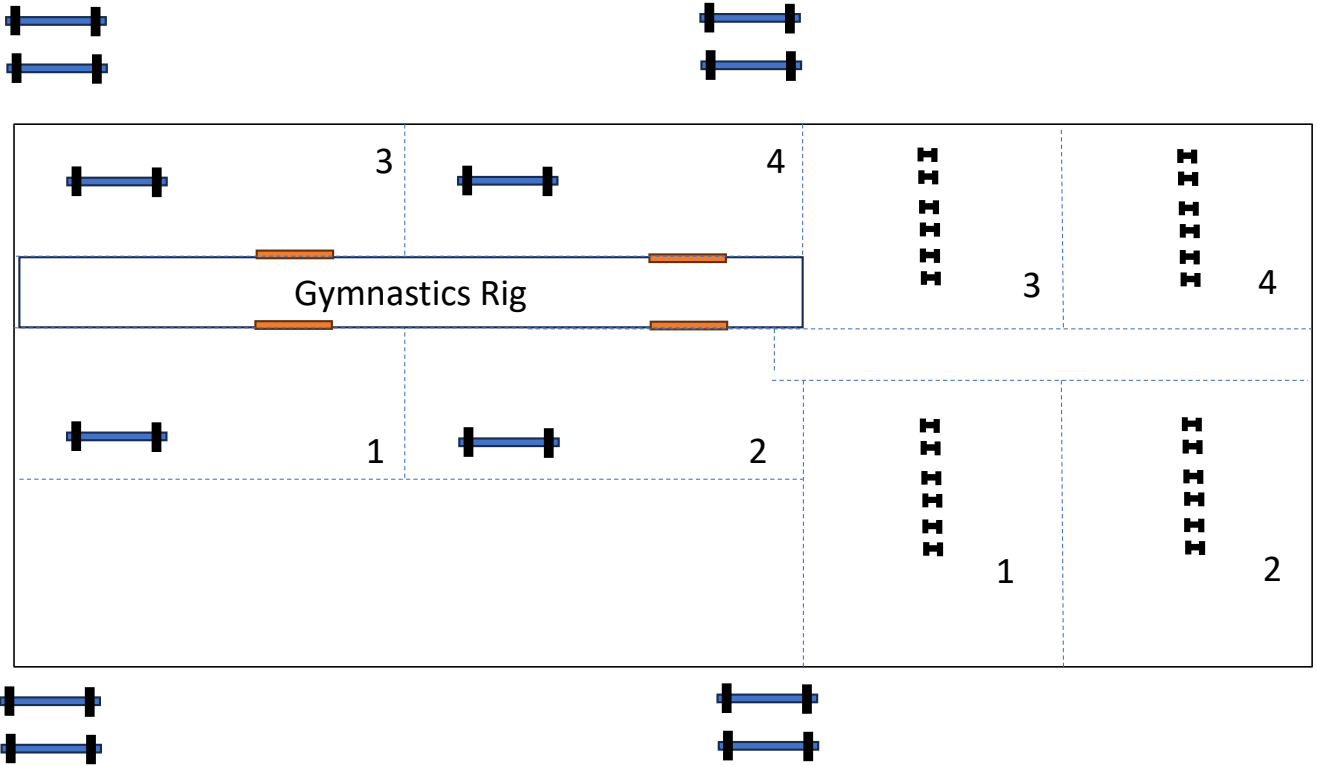


- In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar.
- At the start of each rep, the arms must be fully extended, and the heels must be brought back behind the bar.
- Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.
- Overhand, underhand, or mixed grip are all permitted.



- The rep is credited when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

FLOOR PLANS



BARBELLS 

PULL UP BAR 

DUMBBELL 

SCORING CARD: FRAN3 (RX)

PART 1 (FEMALE)	SCORE
15 Thrusters	15
15 Pull Ups	30
12 Thrusters	42
12 Pull Ups	54
9 Thrusters	63
9 Pull Ups	72
6 Synchro Devil Presses	78
PART 2 (MALE 1)	
12 Thrusters	90
12 Chest to Bar Pull Ups	102
9 Thrusters	111
9 Chest to Bar Pull Ups	120
6 Thrusters	126
6 Chest to Bar Pull Ups	132
9 Synchro Devil Presses	141
PART 3 (MALE 2)	
9 Thrusters	150
9 Bar Muscle Ups	159
6 Thrusters	165
6 Bar Muscle Ups	171
3 Thrusters	174
3 Bar Muscle Ups	177
12 Synchro Devil Presses	189
TOTAL SCORE (Time)	

TIE BREAK TIME: _____

TIE BREAK TIME: _____

TOTAL REPS IF TIME CAP: _____

TEAM NAME: _____ RX: ____ SCALED : ____ SCORE 1: _____ TIME

TIE BREAK: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

WORKOUT 1

TEAM NAME: _____ RX: ____ SCALED : ____ SCORE 1: _____ TIME

TIE BREAK: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

SCORING CARD: FRAN3 (SCALED)

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TIE BREAK: _____ REPS

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WORKOUT 1

TEAM NAME: _____ RX: ____ SCALED : ____ SCORE 1: _____ TIME

TIE BREAK: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

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