

Femme Royale Women's Competition
Napa Movement Standards
October 20th, 2018

Workout ONE

FUN

9 Minute AMRAP
50 Wall Balls 10#
10 Asst. Ring Dips
10 Snatch 65#

50/50

9 Minute AMRAP
50 Wall Balls 14#
10 Ring Dips
10 Snatch 85#

RX

9 Minute AMRAP
50 Wall Balls 20#
5 Bar Muscle Ups
10 Snatch 105#

Wall Balls :: Medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit a 9' target. If the ball hits below or does not hit the wall (air ball), it will not be counted for a rep. Ball must hit above the marked target.

Assisted Dips :: Athlete will start with arms completely locked out and the top of the athlete's toes will be on the ground. The shoulder must pass below the top of the elbow at the bottom and the hips must travel below the rings. The athlete will be allowed to use just the toes to drive off the floor. The athlete is not allowed to have their feet on the ground, if so it will result in a no rep. The rep will be counted once the athlete returns to the full locked out position.

Ring Dips :: Athlete will start with arms completely locked out. The shoulder must pass below the top of the elbow at the bottom and the hips must travel below the rings. The rep will be counted once the athlete returns to the full locked out position.

Bar Muscle Ups :: Athlete will start in the hanging position from the bar with arms fully extended and feet off the ground. The athlete will then travel to the finishing position with elbows fully locked out while supporting yourself above the bar. Kipping the muscle- up is acceptable, but swings, using your legs on the side poles are not permitted.

Snatch :: Starting position is from the ground. Finishing position is barbell overhead with arms fully out, hips and knees extended. Athletes can power snatch or squat snatch all reps.

*One athlete working at a time.

*Each athlete must perform a minimum of one rep of each movement.

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Workout TWO

FUN - 50/50 - RX

2 Power Clean Ladder

65 / 75 / 85 / 95 / 105 / 115 / 125 / 135 / 145 / 155 / 165 / 175 / 185

*Must complete two UNBROKEN Power Cleans.

*If the athlete fails but catches the barbell without dropping they can continue working to complete the power cleans for 2 successful reps. Unlimited attempts allowed as long as barbell isn't dropped.

*Tap & Go -- no resting on the floor. Only in the hang or front rack position.

*Athletes have the option to start at the 65 or 85 station without penalty.

*The score will be the highest completed weight of each athletes combined.

*Once the athlete fails, each athlete will attempt max effort deadlifts. This will be considered the tie break score.

* One minute at each station for ladies to both complete the lift. If one fails the other will move on to the next station.

Power Clean :: Starting position is from the ground. Finishing position is barbell in the front rack position, hips and knees extended. Athletes can hang power clean or hang squat clean, but must return to fully upright extended position.

Deadlifts :: Athlete must begin with the barbell on the ground. Athlete will elevate the barbell from the ground and return it to a fully standing position with hips fully open, knees fully locked out and shoulders behind the vertical plane of the barbell. This will count as a tiebreaker score.

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Workout THREE

In 15 Minutes Complete ::

90 Deadlifts

12 Lateral Burpees

60 Front Squats

12 Lateral Facing Burpees

30 Shoulder to Overhead

12 Lateral Burpees

In the remaining time max effort pull ups.

FUN : 75 / Jumping Pull Ups

50/50 : 95

RX : 115

*Barbell weight will stay the same for all the movements.

*One athlete working at a time for all the movements.

*Once the workout is completed the athletes will work together to complete as many pull ups as possible in the remaining time of the 15 minutes.

*If the athletes finish the workout in 13:30 they will have 90 seconds of max effort pull ups.

Deadlift :: Athlete must begin with the barbell on the ground. Athlete will elevate the barbell from the ground and return it to a fully standing position with hips fully open, knees fully locked out and shoulders behind the vertical plane of the barbell.

Front Squat :: Start with the barbell in front rack position, hips and knees extended; straight line down the profile of the body. Hip crease must reach below top of the knee. Finish with hips and knees fully extended. No reps: Not reaching full extension & not going below parallel.

Shoulder to Overhead :: Start with the barbell in the front rack position at the athlete's shoulder and then fully locked out overhead. Lock out must be arms, hips, knees extended and object over middle of the body. Press- Remain extended, no bending or use of the legs. Push Press- Single dip, after dip knees and hips must remain extended. No rep: Arms not extended, and/or re-dip before lock out. Jerk- Dip, Drive, Dip, Re-dip, receiving weight in either quarter squat or split before complete lock out. Feet must be inline under body for completed rep, with full control. No rep: Bar and/or feet not inline with the body, and no full lock out.

Lateral Burpees :: Athlete will start in an upright position. Athlete will descend into a horizontal plank position and chest must touch the ground, lateral next to the barbell. Athlete will return to a standing position and jump with both feet off the ground, over the barbell. The rep is counted when the athlete clears the jump over the barbell. *Two feet takeoff and landing is mandatory for all divisions.

Pull Ups :: Athletes arms are fully extended with elbows locked out. The rep is counted when athlete's chin breaks the horizontal plane of the bar. Kipping, butterfly & chest to bars are all allowed.

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Jumping Pull Ups :: Athletes arms are fully extended with elbows locked out. Athlete will be standing on the box. The rep is counted when athlete's chin breaks the horizontal plane of the bar.