



Grand Mesa CrossFit Barcode 2023

Skills Pay the Bills

For total time:

5 Rounds of:

8 Strict Handstand Pushups
50 Double Unders
12 Alt. Kettlebell Snatch
4 Bar Muscle-ups

Time Cap. 8:00

*Male Kettlebell: 70 lbs
Female Kettlebell: 53 lbs*

Variations Intermediate

5 Rounds of:

8 Kipping Handstand Pushups
30 Double Unders
12 Alt. Kettlebell Snatch
12 Pull ups

*Male Kettlebell: 53 lbs
Female Kettlebell: 35 lbs*

Scaled

5 Rounds of:

3 Wall Walks
30 Single Unders
12 Alt. Kettlebell Snatch
8 Ring Rows

*Male Kettlebell: 35 lbs.
Female Kettlebell: 27 lbs*

Workout Flow

Athletes will start standing at the far end of their lane away from the wall. After "3,2,1... Go" Athlete 1 will make their way to the wall for HSPU. After they finish the HSPU they will move on to the 50 Double Under. Once the double under are completed they will move on to the Alt. Kettlebell snatch. At the completion of the kettlebell snatch they will move on to the Bar Muscle ups. After completing the bar muscle ups Athlete 1 will go tag their partner who will proceed through the workout in the same manner. After

athlete 2 finishes their round (Round 2) they will tag athlete 1. Athlete 1 will complete another round of the workout (Round 3) and then tag Athlete 2 for their next round (Round 4). After Athlete 2 completes their second round (round 4) either athlete is able to finish the 5th round.

The Score will be time to complete 5 rounds.
The time cap is 8:00.

Movement Standards

Strict Handstand Pushups (RX)

- Kipping is not allowed and will result in a **NO REP.**
- The athlete will prefer the HSPU with both hands in contact with the tape line. There will be a line of tape 30 inches long, 10 inches from the wall.
- Any part of the hands may be in contact with the tape.
- The arms must be fully extended and in line with the body before the athlete may descend.
- Each rep begins and ends with the athlete in the lockout position with **ONLY** the heels against the wall, arms fully extended, and shoulders and hips in line with the body.
- If one or both hands is not touching the tape line at any time, it is a **NO REP.** The athlete will need to start again from the lockout position.
- At the bottom, the head must contact the ground.
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

Kipping HSPU (Intermediate)

- Kipping is allowed but not required.
- The athlete will prefer the HSPU with both hands in contact with the tape line. There will be a line of tape 30 inches long, 10 inches from the wall.

- Any part of the hands may be in contact with the tape.
- The arms must be fully extended and in line with the body before the athlete may descend.
- Each rep begins and ends with the athlete in the lockout position with **ONLY** the heels against the wall, arms fully extended, and shoulders and hips in line with the body.
- If one or both hands are not touching the tape line at any time, it is a **NO REP**. The athlete will need to start again from the lockout position.
- At the bottom, the head must contact the ground.
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- On the descent, the feet must remain on the wall until both hands are touching the starting line.
- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.
- Any part of the hand may contact the tape line.
- Failure for hands to stay on the starting line until feet are on the wall will result in a **NO REP**.
- Failure for both hands to touch the tape line at the wall at the same time before descending will result in a **NO REP**.
- Failure to make contact with the starting tape with both hands before feet come off the wall will result in a **NO REP**.

Wall Walks (Scaled)

- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground and hands touching the starting tape line (Fingers touching is okay)
- The starting tape line will be 30 inches long and 55 inches from the wall for females and 60 inches for males.
- Both hands must remain on the tape line until body is off of the ground and both feet are on the wall.
- At the top of the movement, both hands must touch the tape line at the 10-inch mark at the same time before the athlete may descend.
- Any part of the hand may touch the tape line.

Double under (RX & Intermediate)

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

Single under (Scaled)

- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

Alternating Kettlebell Snatch (All Divisions)

- The kettlebell snatch will begin with the Kettlebell on the ground.
- The athlete must lift the kettlebell overhead in one motion. *A clean and jerk is **not** allowed.*
- The kettlebell must come back to the ground before beginning the next rep.
- Touch and Go is permitted.
- Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.
- The non-lifting hand or arm may **NOT** make contact with the legs or other parts of the body during the repetition. Contact will result in a **NO REP.**
- The rep is credited the arms, hips, and knees are fully extended and the kettlebell is clearly over the middle of the athlete's body when viewed from profile.
- The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the Kettlebell is locked out overhead for the repetition to count.
- Bringing the kettlebell down before fully locking out the arm will result in a **NO REP.**
- Failure to demonstrate full extension of the knees, hips, and arm with the Kettlebell overhead will result in a **NO REP.**
- Athletes may not switch hands overhead. Once Kettlebell is at or below eye level the athlete may switch hands.

- Switching overhead will result in a **NO REP.**
- Dropping the kettlebell, especially from overhead will result in a **NO REP and start the count at 0.** (Guide the Kettlebell back to the ground for the safety of you and the judges.)

Bar Muscle-ups (RX)

- Gymnastic grips are allowed.
- 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.
- Glide kips, pull-overs, rolls to support, and are **NOT** permitted and will result in a **NO REP.**
- No portion of the foot may rise above the lowest part of the bar during the kip. If it does it will be a **NO REP.**
- The rep is credited when the athlete's arms are fully locked out in the support position above the bar, with shoulders over or slightly in front of the bar.
- The athlete must pass through some portion of a dip before locking out over the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep. Any other part of the arm touching will result in a **NO REP.**
- Removing the hands and resting in the support position is not allowed.

Pull-ups (Intermediate)

- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- An overhand grip is required (no chin-up grip or supinated allowed.)
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Any style of pull-up is allowed. (Kipping, butterfly or strict)
- Gymnastic grips are allowed.

Ring Rows (Scaled)

- Rings will have been pre-adjusted so the bottom of the ring is 40 inches from the floor.
- A piece of tape will be on the floor directly below the rings.
- The Athlete will begin with the back of their heels on the far side of the tape (furthest away from the hands) and gripping the rings.
- The Athlete will lean back without their feet moving or touching the tape.
- The Athlete is in a proper position when the toes are up, heels are the only part of the foot touching the ground AND the body is in a straight line from ankle to neck with arms fully extended.
- Without kipping or losing the rigid body position the Athlete will pull their chest toward the rings.
- A rep is complete when the hands break the plane of the chest.
- If the feet move and contact the tape line it is a **NO REP.**

- If the body is not ridged throughout the movement it is a **NO REP.**
- If the rings do not break the plane of the chest it is a **NO REP.**
- If the arms are not all the way extended at the bottom of the movement it is a **NO REP.**