

Movement Standards

Workout #1 - Partner Cindy

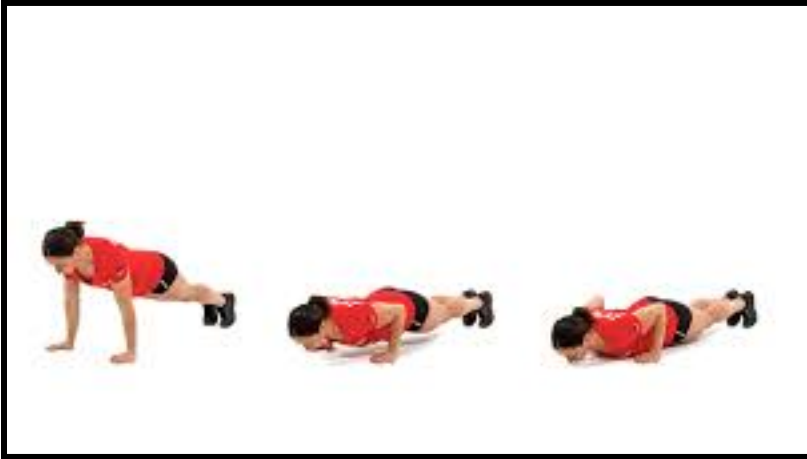
Pull Up: Chin-Over-Bar

- This is a standard pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.
- Scale:
 - Athletes will be allowed to jump-to-chin over the bar. Must start with arms fully locked on the floor or a plyo box. Same movements standards still apply



Push Up:

- This is a standard push up. Movement starts in a full plank position. Chest and chin touch the floor simultaneously at the bottom of each rep; full elbow extension at the top of each rep.
- Scale:
 - Starting position is from the knees. Same movement standards still apply.



Air Squat:

- This is your standard air squat, with the athlete starting in a fully extended position, hips and knees extended. They will pass through a full squat with hip crease below the knee and stand back up into a fully extended position.

