



SERVICE CUP

SCORE SUBMISSION DUE 5 P.M. PT THURSDAY, JUNE 13

Presented by



WORKOUT 1 - DANIEL

For time:

- 50 pull-ups
- 400-meter run
- 21 thrusters
- 800-meter run
- 21 thrusters
- 400-meter run
- 50 pull-ups

Time cap: 20 minutes

♀ 65 lb (29 kg)

♂ 95 lb (43 kg)

WORKOUT VARIATIONS

Community (suggested)

For time:

- 25 pull-ups OR jumping pull-ups
- 400-meter run
- 15 thrusters
- 800-meter run
- 15 thrusters
- 400-meter run
- 25 pull-ups OR jumping pull-ups

Time cap: 20 minutes

♀ 45 lb (20 kg)

♂ 65 lb (29 kg)

NOTES

- There is no designated starting position for this workout.
- For safety, the barbell must be placed at least 5 feet away from the pull-up bar.
- Your score will be the total time taken to complete the workout **OR** the total number of reps completed before the time cap.
- If you are time-capped during the run, you will not receive partial credit.
- There is no tiebreak for this workout.
- Video submissions are only required for those who wish to be eligible for prizes.
- Community athletes may use the suggested variation **OR** scale the workout to their ability level.
- Score is due by Thursday, June 13, at 5 p.m. PT.

EQUIPMENT

- Pull-up bar
 - Using tape on the pull-up bar **AND** gymnastics grips at the same time is **NOT** allowed.
- Barbell, plates, and collars
- 400-meter run course **OR** air runner
 - For the 800-meter run, athletes may run two laps of the 400-meter course or use a separate 800-meter course.
- Tape, cones, or another object to indicate the barbell is 5 feet away from the pull-up bar.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chin clearly breaks the horizontal plane of the bar.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO REPS

NOTE: This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Not breaking the horizontal plane of the pull-up bar with the chin.

RUN

REQUIREMENTS

1. Athletes are required to measure their run course(s). To be eligible for prizes, video submissions must include:
 - Photo or video evidence of using a wheel to mark the course(s), **OR**
 - GPS data of the run course(s). Photos/screenshots of each run loop measured on a GPS device can be uploaded in BTWB.
2. Athletes may use an air runner instead of a course to complete each run.
 - The monitor on the air runner **MUST** be shown in the video.
3. Athletes must complete the required distance before beginning the next movement.



MOVEMENT STANDARDS

THRUSTER

REQUIREMENTS



1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).
2. The rep is credited when:
 - Hips, knees, and arms are fully extended.
 - The bar is directly over, or behind, the middle of the body when viewed from the side.

NOTE: Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✘ Squatting to parallel or above parallel (the hip crease is at or above the knee).



- ✘ Lowering the barbell before reaching full extension of the knees, hips, or arms.



- ✘ Finishing with the barbell in front of the body.

NOTE: Performing a front squat followed by any style of jerk (rebanding the hips and/or legs) is **NOT** allowed.

MOVEMENT STANDARDS

JUMPING CHIN-OVER-BAR PULL-UP (COMMUNITY ATHLETES)

REQUIREMENTS



1



2

1. At the start of each rep, lower until the arms are fully extended.
2. The rep is credited when the chin is clearly higher than the bar.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ The chin remaining below the bar at the finish.



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Momentous

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50 PULL-UPS	50
400-METER RUN	51
21 THRUSTERS	72
800-METER RUN	73
21 THRUSTERS	94
400-METER RUN	95
50 PULL-UPS	145

Judge _____
Judge Name

Time or Reps at 20 Min. _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

SERVICE CUP - WORKOUT 1

Athlete Name _____
Print

Time or Reps at 20 Min. _____

Workout Location _____

Date _____

Judge _____
Judge Name

Judge Signature