

# SERVICE CUP

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



# - 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.

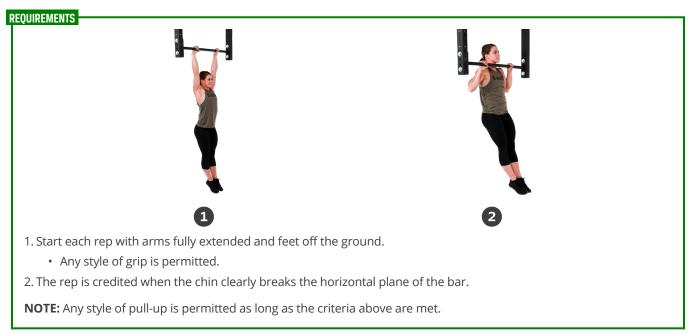


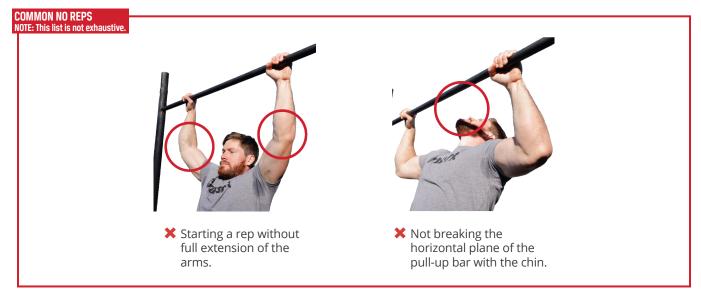
SERVICE CUP SCORE SUBMISSION DUE 5 P.M. PT THURSDAY, JUNE 13



## **MOVEMENT STANDARDS**

**CHIN-OVER-BAR PULL-UP** 





### 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**

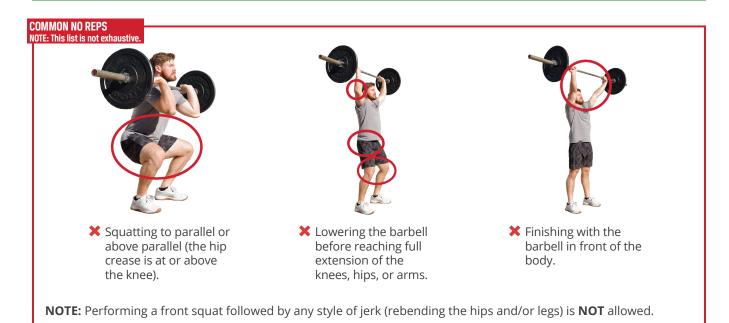
#### THRUSTER



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.



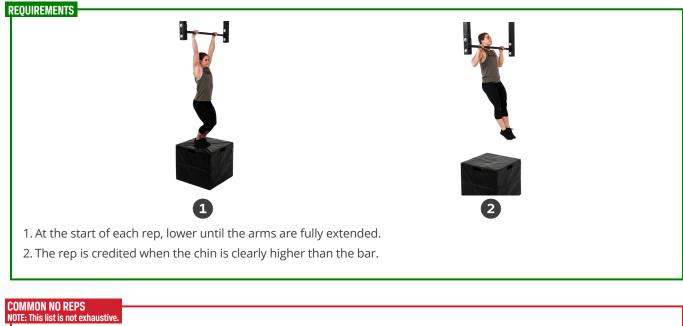


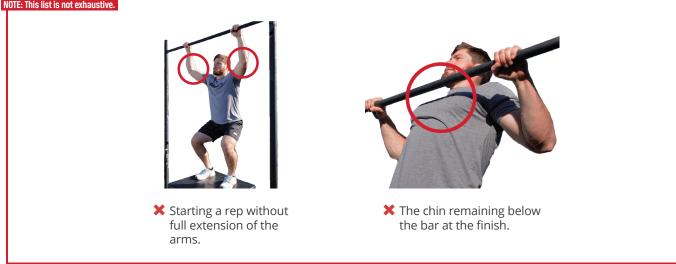
SERVICE CUP SCORE SUBMISSION DUE 5 P.M. PT THURSDAY, JUNE 13



## **MOVEMENT STANDARDS**

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









WORKOUT 1 - DANIEL		
For time:	50 PULL-UPS	
50 pull-ups		50
400-meter run 21 thrusters		
800-meter run	400-METER RUN	
21 thrusters 400-meter run		51
50 pull-ups		
Time cap: 20 minutes	<b>21</b> THRUSTERS	
♀ 65 lb (29 kg)		72
් 95 lb (43 kg)		
	800-meter run	
WORKOUT VARIATIONS Community (suggested)		73
For time:		
25 pull-ups OR jumping pull-ups 400-meter run	<b>21</b> THRUSTERS	
15 thrusters		94
800-meter run 15 thrusters		
400-meter run 25 pull-ups OR jumping pull-ups	400-METER RUN	
Time cap: 20 minutes		95
$ \bigcirc 45 \text{ lb} (20 \text{ kg}) $		
් 65 lb (29 kg)	50 PULL-UPS	
		145

Judge	udge Name	Time or Reps at 20 Min
	Judge Name	
Athlete		
	Athlete Name	Athlete Signature
Athlete Copy		
<b>SERVICE CUP - WORI</b>	KOUT 1	
Athlete Name		Time or Reps at 20 Min
Athlete Name	Print	Time or Reps at 20 Min
Workout Location	Print	Date
Workout Location	Print	Date

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