

FITTEST OF THE  
**COAST**  
COASTAL QUALIFIER

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GRIPS

## WORKOUT 3

Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)

### WORKOUT 3

For Max Reps:

6 Rounds | 2:00 AMRAP Per Round | 1:00 Rest  
After Each Round

50 Double Unders  
12 Hang Power Clean  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

### EQUIPMENT

- Barbell (45lb for men & 35lb for women)
- Bumpers
- Jump Rope
- Pull-up bar

### VARIATIONS

#### **RX:**

50 Double Unders  
12 Hang Power Clean (115/75)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

### VARIATIONS

#### **INT/35-44 Age Divisions**

40 Double Unders  
12 Hang Power Clean (95/65)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

#### **45-54 Age Divisions**

30 Double Unders  
12 Hang Power Clean (95/65)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

#### **55-59, 60+, Teen Divisions:**

30 Double Unders  
12 Hang Power Clean (75/55)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 Pull-Up  
Rounds 5-6 CTB

#### **Scaled Divisions:**

40 Single Unders  
12 Hang Power Clean (75/55)  
Max Reps in Remaining Time:

Rounds 1-2 Knees to Chest  
Rounds 3-4 Jumping Pull-Up  
Rounds 5-6 Pull-Up



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## WORKOUT 3

*Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)*

### SUBMISSION GUIDELINES

Workout scores must be submitted by 9pm EST on Tuesday, October 18, 2022. Late submissions will not be accepted. Athletes must have a judge present and judging to the written movement and workout standards listed. Athletes without a judge must submit a video recording of their workout. Video recordings are not required upon submission of a workout score if a judge is present, but all athletes who earn a qualifying spot must be prepared to submit at least one workout video at the conclusion of the Coastal Qualifier. FOTC will notify athletes via email with video requests. Athletes can download video recording apps such as WeTime or WOD Proof to easily record and submit videos.

When videoing workout, athletes need to show weight of barbell and bumper plates.

Team Score Entry: The team captain will be required to submit both scores online.

### WORKOUT FLOW

This workout begins with the athlete standing tall with jump rope in hand. At the call of “3..2..1..go”, the athlete will perform the prescribed amount of jump rope reps. Once all reps are complete, the athlete will complete 12 hang power clean. After completing the 12 reps, the athlete will complete as many reps as possible of the round-specific gymnastic movement with the remaining time in the two-minute interval. Once the two-minute interval ends, the athlete will have a mandatory one-minute rest.

This format will continue for the additional five two-minute intervals. At the beginning of each interval, the athlete can begin with jump rope in hand. Each 2:00 interval restarts from the beginning - starting with the jump rope movement.

The score will be the total reps (jump rope + hang power clean + gymnastic movement) across all six rounds.

There is no tiebreak for this workout. The clock should count up and rounds should be followed as detailed below.

Round 1: 0:00-2:00

Round 2: 3:00-5:00

Round 3: 6:00-8:00

Round 4: 9:00-11:00

Round 5: 12:00-14:00

Round 6: 15:00-17:00



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## WORKOUT 3

*Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)*

### **MOVEMENT STANDARDS:**

**Double Under:**

Athletes must make two passes of the rope for a rep to count. At the start of every 2:00 interval, the athlete may begin with jump rope in hand.

**Single Under (Scaled Only):**

Athletes must make one pass of the rope for a rep to count. At the start of every 2:00 interval, the athlete may begin with jump rope in hand.

**Hang Power Clean:**

The movement starts with the athlete picking the bar from the ground and pausing at the hang position before beginning the clean. Failure to pause at the hang position when taking the bar from the ground will result in a no-rep.

Each rep is complete when the athlete cleans the barbell into the front rack position (barbell to shoulders) with elbows in front of the bar and hips and knees fully extended. Each following rep begins from the hang position. Cleans from the hip, high hang or low hang are allowed.



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## WORKOUT 3

*Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)*

### **MOVEMENT STANDARDS:**

#### **Toes to Bar:**

The athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must touch the bar together, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.

#### **Knees to Chest (Scaled Only):**

The athlete must go from a full hang to having the knees rise above the level of the waist. Both knees must rise at the same time. The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.

#### **Pull-Up:**

The athlete's chin must extend over the bar. Athletes must reach full extension at the bottom of the movement with arms fully extended. Strict, kipping or butterfly pull-ups are allowed.

#### **Jumping Pull-Up (Scaled Only):**

The pull-up bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the start of each rep, the athlete's arms must be fully extended. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is credited when the athlete's chin breaks the horizontal plane of the bar.

#### **Chest to Bar:**

The athlete's chest must make contact with the bar at or below the collarbone. Athletes must reach full extension at the bottom of the movement with arms fully extended. Strict, kipping or butterfly pull-ups are allowed.

#### **Bar Muscle Up:**

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, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip. 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.



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## WORKOUT 3 - RX Divisions

Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)

### WORKOUT 3

For Max Reps:

6 Rounds | 2:00 AMRAP Per Round  
| 1:00 Rest After Each Round

50 Double Unders  
12 Hang Power Clean (115/75)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

Round 1 (0:00-2:00)	
50 Double Unders	50
12 Hang Power Clean	62
Max Rep TTB	
<u>Total Round 1 Reps</u>	

REST 2:00-3:00

Round 4 (9:00-11:00)	
50 Double Unders	50
12 Hang Power Clean	62
Max Rep CTB	
<u>Total Round 4 Reps</u>	

REST 11:00-12:00

Round 2 (3:00-5:00)	
50 Double Unders	50
12 Hang Power Clean	62
Max Rep TTB	
<u>Total Round 2 Reps</u>	

REST 5:00-6:00

Round 5 (12:00-14:00)	
50 Double Unders	50
12 Hang Power Clean	62
Max Rep BMU	
<u>Total Round 5 Reps</u>	

REST 14:00-15:00

Round 1 Total	
Round 2 Total	
Round 3 Total	
Round 4 Total	
Round 5 Total	
Round 6 Total	
<u>Total Completed Reps</u>	

Round 3 (6:00-8:00)	
50 Double Unders	50
12 Hang Power Clean	62
Max Rep CTB	
<u>Total Round 3 Reps</u>	

REST 8:00-9:00

Round 6 (15:00-17:00)	
50 Double Unders	50
12 Hang Power Clean	62
Max Rep BMU	
<u>Total Round 6 Reps</u>	

Athlete Signature

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Judge Signature

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INDIVIDUAL SCORE ENTRY

TOTAL COMPLETED REPS	
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TEAM SCORE ENTRY

TOTAL COMPLETED REPS	
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## WORKOUT 3 - INT/35-44 Age Divisions

Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)

### WORKOUT 3

For Max Reps:

6 Rounds | 2:00 AMRAP Per Round  
| 1:00 Rest After Each Round

40 Double Unders  
12 Hang Power Clean (95/65)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

Round 1 (0:00-2:00)	
40 Double Unders	40
12 Hang Power Clean	52
Max Rep TTB	
<u>Total Round 1 Reps</u>	

REST 2:00-3:00

Round 4 (9:00-11:00)	
40 Double Unders	40
12 Hang Power Clean	52
Max Rep CTB	
<u>Total Round 4 Reps</u>	

REST 11:00-12:00

Round 2 (3:00-5:00)	
40 Double Unders	40
12 Hang Power Clean	52
Max Rep TTB	
<u>Total Round 2 Reps</u>	

REST 5:00-6:00

Round 5 (12:00-14:00)	
40 Double Unders	40
12 Hang Power Clean	52
Max Rep BMU	
<u>Total Round 5 Reps</u>	

REST 14:00-15:00

Round 1 Total	
Round 2 Total	
Round 3 Total	
Round 4 Total	
Round 5 Total	
Round 6 Total	
<u>Total Completed Reps</u>	

Round 3 (6:00-8:00)	
40 Double Unders	40
12 Hang Power Clean	52
Max Rep CTB	
<u>Total Round 3 Reps</u>	

REST 8:00-9:00

Round 6 (15:00-17:00)	
40 Double Unders	40
12 Hang Power Clean	52
Max Rep BMU	
<u>Total Round 6 Reps</u>	

Athlete Signature

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Judge Signature

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INDIVIDUAL SCORE ENTRY

TOTAL COMPLETED REPS	
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TEAM SCORE ENTRY

TOTAL COMPLETED REPS	
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# WORKOUT 3 - 45-54 Age Divisions

Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)

## WORKOUT 3

For Max Reps:

6 Rounds | 2:00 AMRAP Per Round  
| 1:00 Rest After Each Round

30 Double Unders  
12 Hang Power Clean (95/65)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 CTB  
Rounds 5-6 BMU

Round 1 (0:00-2:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep TTB	
<u>Total Round 1 Reps</u>	

REST 2:00-3:00

Round 4 (9:00-11:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep CTB	
<u>Total Round 4 Reps</u>	

REST 11:00-12:00

Round 2 (3:00-5:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep TTB	
<u>Total Round 2 Reps</u>	

REST 5:00-6:00

Round 5 (12:00-14:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep BMU	
<u>Total Round 5 Reps</u>	

REST 14:00-15:00

Round 1 Total	
Round 2 Total	
Round 3 Total	
Round 4 Total	
Round 5 Total	
Round 6 Total	
<u>Total Completed Reps</u>	

Round 3 (6:00-8:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep CTB	
<u>Total Round 3 Reps</u>	

REST 8:00-9:00

Round 6 (15:00-17:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep BMU	
<u>Total Round 6 Reps</u>	

Athlete Signature

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Judge Signature

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### INDIVIDUAL SCORE ENTRY

TOTAL COMPLETED REPS	
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### TEAM SCORE ENTRY

TOTAL COMPLETED REPS	
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# WORKOUT 3 - Teen, 55-59, 60+ Age Divisions

Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)

## WORKOUT 3

For Max Reps:

6 Rounds | 2:00 AMRAP Per Round  
| 1:00 Rest After Each Round

30 Double Unders  
12 Hang Power Clean (75/55)  
Max Reps in Remaining Time:

Rounds 1-2 TTB  
Rounds 3-4 Pull-Up  
Rounds 5-6 CTB

Round 1 (0:00-2:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep TTB	
Total Round 1 Reps	

REST 2:00-3:00

Round 4 (9:00-11:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep Pul-Up	
Total Round 4 Reps	

REST 11:00-12:00

Round 2 (3:00-5:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep TTB	
Total Round 2 Reps	

REST 5:00-6:00

Round 5 (12:00-14:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep CTB	
Total Round 5 Reps	

REST 14:00-15:00

Round 1 Total	
Round 2 Total	
Round 3 Total	
Round 4 Total	
Round 5 Total	
Round 6 Total	
Total Completed Reps	

Round 3 (6:00-8:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep Pul-Up	
Total Round 3 Reps	

REST 8:00-9:00

Round 6 (15:00-17:00)	
30 Double Unders	30
12 Hang Power Clean	42
Max Rep CTB	
Total Round 6 Reps	

Athlete Signature

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Judge Signature

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INDIVIDUAL SCORE ENTRY

TOTAL COMPLETED REPS	
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TEAM SCORE ENTRY

TOTAL COMPLETED REPS	
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## WORKOUT 3 - Scaled Divisions

Thursday, October 13 - Tuesday, October 18, 2022 (9pm EST)

### WORKOUT 3

For Max Reps:

6 Rounds | 2:00 AMRAP Per Round  
| 1:00 Rest After Each Round

40 Single Unders  
12 Hang Power Clean (75/55)  
Max Reps in Remaining Time:

Rounds 1-2 Knees to Chest  
Rounds 3-4 Jumping Pull-Up  
Rounds 5-6 Pull-Up

Round 1 Total	
Round 2 Total	
Round 3 Total	
Round 4 Total	
Round 5 Total	
Round 6 Total	
<u>Total Completed Reps</u>	

Round 1 (0:00-2:00)	
40 Single Unders	40
12 Hang Power Clean	52
Max Rep Knees to Chest	
<u>Total Round 1 Reps</u>	

REST 2:00-3:00

Round 2 (3:00-5:00)	
40 Single Unders	40
12 Hang Power Clean	52
Max Rep Knees to Chest	
<u>Total Round 2 Reps</u>	

REST 5:00-6:00

Round 3 (6:00-8:00)	
40 Single Unders	40
12 Hang Power Clean	52
Max Rep Jumping Pull-Up	
<u>Total Round 3 Reps</u>	

REST 8:00-9:00

Round 4 (9:00-11:00)	
40 Single Unders	40
12 Hang Power Clean	52
Max Rep Jumping Pull-Up	
<u>Total Round 4 Reps</u>	

REST 11:00-12:00

Round 5 (12:00-14:00)	
40 Single Unders	40
12 Hang Power Clean	52
Max Rep Pull-Up	
<u>Total Round 5 Reps</u>	

REST 14:00-15:00

Round 6 (15:00-17:00)	
40 Single Unders	40
12 Hang Power Clean	52
Max Rep Pull-Up	
<u>Total Round 6 Reps</u>	

Athlete Signature

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Judge Signature

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INDIVIDUAL SCORE ENTRY

TOTAL COMPLETED REPS	
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TEAM SCORE ENTRY

TOTAL COMPLETED REPS	
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