

BUFFEL THROWDOWN WORKOUTS 2024



WORKOUT 4

RX WOMEN	INTER WOMEN	SCALED WOMEN
EMOM 10' 1→5 (Switch athlete / min) <ul style="list-style-type: none"> 10 Barbell ground to overhead 35kg Max burpees over the bar ITRT 5→10 <ul style="list-style-type: none"> 10 Chest to bar or 5 chest to bar + 1 bar muscle up Max burpees box jumps over ITRT 	EMOM 10' 1→5 (Switch athlete / min) <ul style="list-style-type: none"> 10 Barbell ground to overhead 27.5kg Max burpees over the bar ITRT 5→10 <ul style="list-style-type: none"> 10 Pull Ups Max burpees box jumps over ITRT 	EMOM 10' 1→5 (Switch athlete / min) <ul style="list-style-type: none"> 10 Barbell hang to overhead 20kg Max burpees over the bar ITRT 5→10 <ul style="list-style-type: none"> 5 Kipping Pullups Max burpees box jumps/step over ITRT

RX MEN	INTER MEN	SCALED MEN
EMOM 10' 1↻5 (Switch athlete / min) <ul style="list-style-type: none"> 10 Barbell ground to overhead 50kg Max burpees over the bar ITRT 5↻10 <ul style="list-style-type: none"> 5 Chest to bar + 5 Bar muscle ups Max burpees box jumps over ITRT 	EMOM 10' 1↻5 (Switch athlete / min) <ul style="list-style-type: none"> 10 Barbell ground to overhead 40kg Max burpees over the bar ITRT 5↻10 <ul style="list-style-type: none"> 10 Chest to bar Max burpees box jumps over ITRT 	EMOM 10' 1↻5 (Switch athlete / min) <ul style="list-style-type: none"> 10 Barbell ground to overhead 30kg Max burpees over the bar ITRT 5↻10 <ul style="list-style-type: none"> 10 Pull Ups Max burpees box jumps/step over ITRT

FLOW AND MOVEMENTS STANDARDS

A short briefing will be conducted before the start of each heat to cover the flow and points of attention and ensure a smooth workout. You can already find some key points of attention below. If there are any changes to the workout flow or movement standards on the competition day, the instructions and standards provided on the competition day will take precedence. This document serves as a guideline.

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This is an EMOM (Every Minute on the Minute) format lasting 10 minutes. Teams will switch athletes every minute, meaning Athlete A works during one minute while Athlete B rests, and then Athlete B works during the next minute while Athlete A rests.

Minute 0-1:

Athlete A: Perform 10 barbell ground to overhead*. In the remaining time of the minute, perform as many burpees over the bar as possible.

Minute 1-2

Athlete B: Perform 10 barbell ground to overhead*. In the remaining time of the minute, perform as many burpees over the bar as possible.

Minute 2-3:

Athlete A: Repeat the same as Minute 0-1.

Minute 3-4:

Athlete B: Repeat the same as Minute 1-2.

Minute 4-5:

Athlete A: Repeat the same as Minute 0-1.

Minute 5-6:

Athlete B: Perform the designated gymnastics movement for their category. In the remaining time of the minute, perform as many burpee box jump overs as possible.

Minute 6-7:

Athlete A: Perform the designated gymnastics movement for their category. In the remaining time of the minute, perform as many burpee box jump overs as possible.

Minute 7-8:

Athlete B: Repeat the same as Minute 5-6.

Minute 8-9:

Athlete A: Repeat the same as Minute 6-7.

Minute 9-10:

Athlete B: Repeat the same as Minute 5-6.

*Hang to overhead for the scaled FF division

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PULLUP

- Strict, kipping or butterfly pull ups are allowed in the RX and intermediate division.
- Only strict or kipping pullup in the scaled division, No butterfly allowed.
- The arms must be fully extended at the bottom of the movement.
- At the top of the movement the chin must be over the horizontal line of the bar.
- Pull Ups has to be done in the same direction every rep.
- Athletes may use gymnastic grips.

CHEST TO BAR PULLUP

- Strict, kipping or butterfly chest to bar pull ups are allowed.
- The arms must be fully extended at the bottom of the movement.
- At the top of the movement the chest must make contact with the bar below the collarbone.
- Chest to bar has to be done in the same direction every rep.
- Athletes may use gymnastic grips.

BAR MUSCLE UP

- The connection between chest to bar and bar muscle up doesn't have to be unbroken but it can be. (only for RX MM and RX FF divisions)
- The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted.
- The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar.
- Athletes must pass through some portion of a dip-to-lockout over the bar.
- Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.
- Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms.
- Removing the hands and resting while on top of the bar is not allowed.
- Athletes may use gymnastic grips.

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Barbell ground to overhead

- The barbell starts on the ground, loaded to the specified weight.
- The athlete can choose any method to lift the barbell from the ground to overhead in one continuous motion.

Common techniques include:

Clean and Jerk : Lifting the barbell to the shoulders (clean), then pressing or jerking it overhead.

- The barbell must move from the ground to the shoulders (clean) with the athlete in a full standing position.
- From the shoulders, the athlete must move the barbell to overhead with elbows, hips, and knees fully locked out

Snatch: Lifting the barbell from the ground directly to overhead in one motion.

- The barbell must move from the ground directly to overhead in one fluid motion.
- The athlete must reach a full standing position with elbows, hips, and knees fully locked out.

- The rep is complete when the barbell is overhead, with the athlete in full control, and the elbows, hips, and knees fully extended.
- The athlete must show control of the barbell overhead before lowering it.
- Each rep restarts from the ground.

Barbell hang to overhead

- The barbell starts from a hang position (first a deadlift), loaded to the specified weight.
- The athlete can choose any method to lift the barbell from the hang position to overhead in one continuous motion.

Common techniques include:

Clean and Jerk : Lifting the barbell to the shoulders (clean), then pressing or jerking it overhead.

- The barbell must move from the hang position to the shoulders (clean) with the athlete in a full standing position.
- From the shoulders, the athlete must move the barbell to overhead with elbows, hips, and knees fully locked out

Snatch: Lifting the barbell from the ground directly to overhead in one motion.

- The barbell must move from the hang position directly to overhead in one fluid motion.
- The athlete must reach a full standing position with elbows, hips, and knees fully locked out.

- The rep is complete when the barbell is overhead, with the athlete in full control, and the elbows, hips, and knees fully extended.
- The athlete must show control of the barbell overhead before lowering it.
- Each rep restarts from a hang position (between knees and hips)

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Burpees over the bar

- Start standing beside the barbell with the bar directly to their side.
- The athlete performs a burpee, lowering their body to the ground, chest and thighs touching the ground, then steps or jumps back up and jumps over the barbell without touching them. Both feet should be in the air together at some point, over the bar.
- A 2 foot take off is not required.
- In the scaled division athletes may step over the bar instead of jumping. The rule of both feet in the air at a certain time does not apply in the scaled division.

Burpee box jumps over

- Same as the burpees over the bar, but instead of jumping over the bar, athletes have to jump on the box and jump/step off the box to complete the rep.
- Athletes may also jump completely over the box.

SCORE WORKOUT 4

- **Score = Total completed reps (BB ground to overhead + gymnastic reps) + Total burpees from Athlete A + Athlete B**
- **NO TIE BREAK TIME**