



2021 Turkey Challenge Online Qualifier 21.2

WORKOUT 21.2

Individual and Team Rx:

For time:

- 25 Toes to bar
- 5 Ring muscle ups
- 20 Toes to bar
- 4 Ring muscle ups
- 15 Toes to bar
- 3 Ring muscle ups
- 10 Toes to bar
- 2 Ring muscle ups
- 5 Toes to bar
- 1 Ring muscle up

VARIATIONS

Individual and Team Open, 40+ Master, and 14-17

Teen:

For time:

- 25 Toes to bar
- 20 Pull ups
- 20 Toes to bar
- 16 Pull ups
- 15 Toes to bar
- 12 Pull ups
- 10 Toes to bar
- 8 Pull ups
- 5 Toes to bar
- 4 Pull ups

14-minute cap

*For scoring purposes, this is a 90-rep workout. Every 4 pull ups is equivalent to one rep.

NOTES

This workout begins with the athlete standing at their pull up bar for the toes to bar. After the call of "3, 2, 1 ... go," the athlete will begin their first set of

toes to bar. Once the set is complete, they will move to the ring muscle ups or pull ups. Once that set is complete, they will move back again to the toes to bar for the second set. They will continue, and the workout will be complete when all the prescribed work has been done, or the time cap has been reached.

EQUIPMENT

- Pull up bar station to do toes to bar and pull ups (if applicable)
- Rings for muscle ups (if applicable)

For each workout, be sure the athlete has adequate space to safely complete all the movements. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION

Video only required for top placers and eligibility for prizes. See video requirements here for more information.

Toes to bar



In the toes to bar, the athlete must go from a full hang to having the toes touch the pull up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.



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Both feet must contact the bar at the same time with the feet inside the hands.



Pull up - This is a standard chin-over-bar pullup. Dead hang, kipping or butterfly pull ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. Overhand, underhand or mixed grip are all permitted. A rep is counted when the chin passes above the vertical plane of the bar.

Ring muscle ups



In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip.



The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted.



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SCORING

Individuals

Time if completed: _____

Reps remaining if time cap is met*: _____

Teams

	Time if completed	Reps remaining if time cap is met*
Athlete 1		
Athlete 2		
Athlete 3		
Athlete 4		

Team score (1+2+3+4): _____

Use this [online calculator](#) if needed to add time scores together for total time score.

**Reps NOT completed must be added to the total time for final score in the :SS column. For example, if you finish the set of 5 toes to bar at 14:00, your score would be 10:01.*

Submit scores by Monday, September 20th at 8pm MST. Go [here](#) or visit www.Turkeychallenge.com under "Register Now" tab and go to Throwdowns event page.