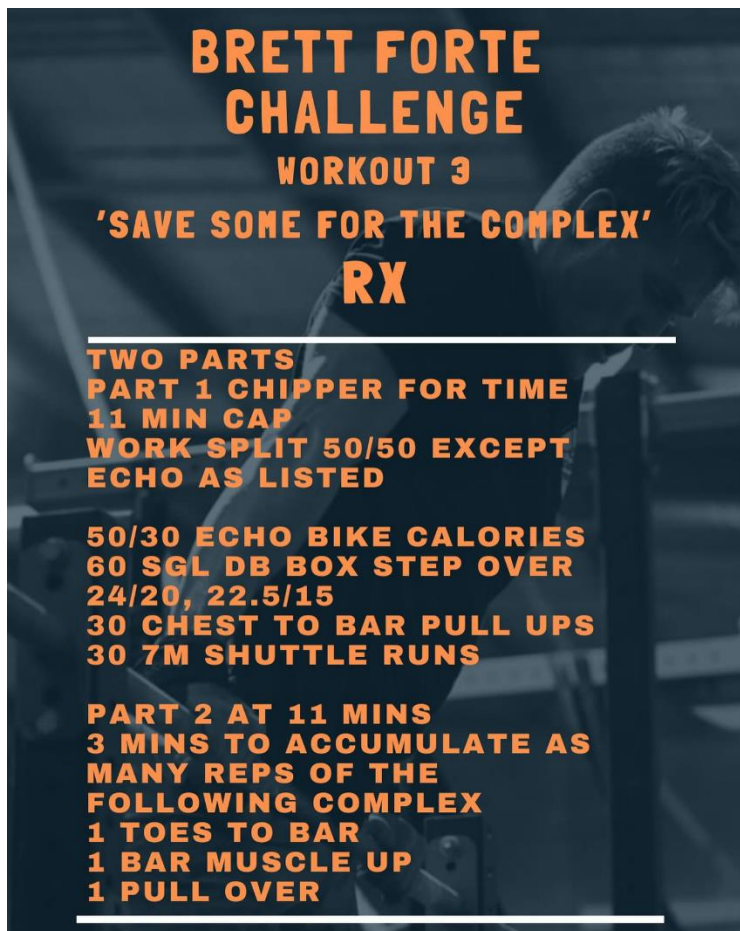


## Movement Standards for Save some for the Complex RX

A poster for the Brett Forte Challenge, Workout 3, titled 'Save Some for the Complex' RX. The text is in orange and white on a dark background. The workout is divided into two parts: a chipper for time with an 11-minute cap and a 50/50 work split, and a 3-minute accumulation of a complex consisting of 1 toes to bar, 1 bar muscle up, and 1 pull over.

**BRETT FORTE  
CHALLENGE**  
**WORKOUT 3**  
**'SAVE SOME FOR THE COMPLEX'**  
**RX**

---

**TWO PARTS**  
**PART 1 CHIPPER FOR TIME**  
**11 MIN CAP**  
**WORK SPLIT 50/50 EXCEPT**  
**ECHO AS LISTED**

**50/30 ECHO BIKE CALORIES**  
**60 SGL DB BOX STEP OVER**  
**24/20, 22.5/15**  
**30 CHEST TO BAR PULL UPS**  
**30 7M SHUTTLE RUNS**

**PART 2 AT 11 MINS**  
**3 MINS TO ACCUMULATE AS**  
**MANY REPS OF THE**  
**FOLLOWING COMPLEX**  
**1 TOES TO BAR**  
**1 BAR MUSCLE UP**  
**1 PULL OVER**

---

### General Standards:

- **Work Split:** For part 1, all work is split 50/50 between partners except for Echo Bike calories, which are as listed. Partners can split the work in any rep scheme they prefer.
- **Equipment Use:** The DB can be held in any manner while performing step overs. Access to high and low bars for gymnastics will be based on lane assignment.
- **Scoring:**
  - Part 1 is scored for time, with an 11-minute cap.
  - Part 2 is scored by the total number of complete complexes achieved in 3 minutes.

## **Part 1: Chipper for Time (11-minute cap)**

### **1. Echo Bike Calories**

- **Calories:** 50 for men / 30 for women
- **Standard:** The Echo Bike must display the required number of calories. Partners can alternate as needed, but the total must reach the specified number.

### **2. Single Dumbbell Box Step Over**

- **Reps:** 60- 30 Each
- **Box Height:** 24 inches for men / 20 inches for women
- **Dumbbell Weight:** 22.5kg for men / 15kg for women
- **Standard:**
  - Step over the box while holding a single dumbbell.
  - The DB can be held in any manner.
  - Both feet must touch the top of the box in each rep and both feet must touch the ground on the other side.
  - Each step over counts as one rep.

### **3. Chest to Bar Pull Ups**

- **Reps:** 30- 15 Each
- **Standard:**
  - The athlete must start from a hanging position with arms fully extended.
  - The chest must clearly make contact with the bar below the collarbone.

### **4. Shuttle Runs**

- **Reps:** 30 (7 meters per shuttle run)- 15 Each
- **Standard:**
  - Each shuttle run is 7 meters.
  - Athletes must touch the ground or a designated marker at each end.
  - Each 7-meter run counts as one rep.

## **Part 2: Max Reps of Complex (Starts at 11:00, 3-minute duration)**

### **Complex:**

Only fully completed complexes count as one rep. Reps can be done unbroken or split as required i.e. Partner A could do the T2B, Partner B the BMU and Partner A the Pull Over.

- **Components:**
  - 1 Toes to Bar
  - 1 Bar Muscle Up
  - 1 Pull Over
- **Standard:**
  - **Toes to Bar:** Athlete must start from a hanging position with arms fully extended and bring the toes to touch the bar.
  - **Bar Muscle Up:** Athlete must start from a hanging position with arms fully extended, pull up, and transition over the bar to finish in a support position with arms fully extended above the bar.
  - **Pull Over:** Athlete must start from a hanging position, pull up, and perform a pull over to finish with the body on top of the bar in a full lock out position.

## Scorecard Save some for the Complex RX

### Part 1: Chipper for Time

Movement	Male Reps	Female Reps	
Echo Bike Calories 50/30			80
DB Box Step Over (60 reps) 30ea			60
Chest to Bar Pull Ups (30 reps) 15ea			30
Shuttle Runs (30 x 7m) 15ea			30
<b>Total Time or Rep</b>			/200

### Part 2: Complex Reps

- Only fully completed complexes count towards the score. Reps can be done unbroken or split as required i.e. Partner A could do the T2B, Partner B the BMU and Partner A the Pull Over.
- **Components:**
  - 1 Toes to Bar
  - 1 Bar Muscle Up
  - 1 Pull Over

	Tally	Total
Complex		

### Summary:

- **Total Time/Rep for Part 1:** \_\_\_\_\_
- **Total Complex Reps for Part 2:** \_\_\_\_\_

• **Athlete Signature:** \_\_\_\_\_

• **Judge Signature:** \_\_\_\_\_

## Movement Standards for Save some for the Complex Scaled



### General Standards:

- **Work Split:** For part 1, all work is split 50/50 between partners except for Echo Bike calories, which are as listed. Partners can split the work in any rep scheme they prefer.
- **Equipment Use:** The DB can be held in any manner while performing step overs. Access to high and low bars for gymnastics will be based on lane assignment.
- **Scoring:**
  - Part 1 is scored for time, with an 11-minute cap.
  - Part 2 is scored by the total number of complete complexes achieved in 3 minutes.

## Part 1: Chipper for Time (11-minute cap)

### 1. Echo Bike Calories

- **Calories:** 50 for men / 30 for women
- **Standard:** The Echo Bike must display the required number of calories. Partners can alternate as needed, but the total must reach the specified number.

### 2. Single Dumbbell Box Step Over

- **Reps:** 60- 30 Each
- **Box Height:** 24 inches for men / 20 inches for women
- **Dumbbell Weight:** 15kg for men / 10kg for women
- **Standard:**
  - Step over the box while holding a single dumbbell.
  - The DB can be held in any manner.
  - Both feet must touch the top of the box in each rep and both feet must touch the ground on the other side.
  - Each step over counts as one rep.

### 3. Jumping Pull Ups

- **Reps:** 30- 15 Each
- **Standard:**
  - The bar must be at least 6 inches above the standing athlete's head
  - The athlete must start from a hanging position with arms fully extended.
  - The chin must clearly go over the bar at the top of the rep.

### 4. Shuttle Runs

- **Reps:** 30 (7 meters per shuttle run)- 15 Each
- **Standard:**
  - Each shuttle run is 7 meters.
  - Athletes must touch the ground or a designated marker at each end.
  - Each 7-meter run counts as one rep.

## **Part 2: Max Reps of Complex (Starts at 11:00, 3-minute duration)**

### **Complex:**

Only fully completed complexes count as one rep. Rep can be done unbroken or split as required i.e. Partner A could do the Knee Raises and Partner B the Jumping Chest to Bar.

- **Components:**
  - 2 Knee Raises
  - 2 Jumping Chest to Bars Pull Ups
- **Standard:**
  - **Knee Raises:**
    - The bar must be at least 6 inches above the standing athletes head
    - The athlete must start from a hanging position with arms fully extended.
    - The knees must be raised above the hip crease.
    - The athlete must return to the hanging position with arms fully extended after each knee raise.
  - **Jumping Chest-to-Bar Pull-Ups:**
    - The bar must be at least 6 inches above the standing athletes head
    - The athlete must start with feet on the ground.
    - Jump and pull up so that the chest clearly makes contact with the bar below the collarbone.
    - Return to the starting position with feet on the ground and arms fully extended before the next rep.

## Scorecard Save some for the Complex Scaled

### Part 1: Chipper for Time

Movement	Male Reps	Female Reps	
Echo Bike Calories 50/30			80
DB Box Step Over (60 reps) 30ea			60
Jumping Pull Ups (30 reps) 15ea			30
Shuttle Runs (30 x 7m) 15ea			30
<b>Total Time or Rep</b>			/200

### Part 2: Complex Reps

- Only fully completed complexes count towards the score. Rep can be done unbroken or split as required i.e. Partner A could do the Knee Raises and Partner B the Jumping Chest to Bar.
- **Components:**
  - 2 Knee Raises
  - 2 Jumping Chest to Bars Pull Ups

	Tally	Total
Complex		

### Summary:

- **Total Time/Rep for Part 1:** \_\_\_\_\_
- **Total Complex Reps for Part 2:** \_\_\_\_\_

• **Athlete Signature:** \_\_\_\_\_

• **Judge Signature:** \_\_\_\_\_