

HANGING KNEE RAISES

Athlete hanging from a horizontal bar moves knees above the height of the hips.

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Both knees reach above the height of the hip-crease.

REP REQUIREMENT

- None.

CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

JUMPING PULL-UP

Athlete standing on an ground or object with arms fully extended from a horizontal bar and jumps and pulls up until chin is above bar.

REP START

- Standing on ground or object gripping the horizontal bar using both hands.
- Full extension of elbows.
- The shoulder angle is open or rearward of the frontal plane.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENT

- None.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

MEASUREMENTS

- The height of the horizontal bar must be slightly higher than the height of the athlete. The athlete must be able to stand fully upright directly under the horizontal bar without touching the bar with the head.

HANGING KNEE RAISES

Athlete from lying on the ground, gets up and jumps over an object.

REP START

- [Prone position](#).

REP END

- [Standing free](#) on the other side of the object.

REP REQUIREMENT

- Step over object with both feet in contact with the top of the box.
Athlete passes over the object with entire body.

CYCLE & POST REP

- The athlete may return to [rep start](#) in any controlled manner.