



THE FITNESS LEAGUE

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MOVES BOOK EN



Full extension = shoulder, hip and knee aligned.

Break the parallel = hips below the knees.

Front rack = at collarbones, elbows raised.

Arm out = arm in full extension in line with the body.

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Air Bike (Assault Bike / Echo Bike)

- Start position: Athlete stands behind the bike, hand on the seat, monitor at 0.
- The monitor must be set to 0 after each cycle.

Air Runner (Assault Runner)

- Start position: Your choice.
- The monitor must be set to 0 after each cycle.

Alt. DB Snatch

- Start position: Athlete stands up, dumbbell on the ground.
- Dumbbell is moved overhead in a continuous motion, arm locked and body in full extension.
- Both sides of the dumbbell touch the ground after each rep.
- Athlete switch arm after each rep. Choice of transition: overhead, downhill or on the ground.

Sync: Top, dumbbell overhead.

Back Squat / BS

- Start position: Athlete stands up, barbell on the ground (unless otherwise specified).
- Rack the bar on the shoulders.
- Go down in squat and break the parallel.
- Go back up in full extension.

Sync: Bottom, below parallel, and top in full extension.

Bar Facing Burpee

- Start position: Athlete stands up facing the barbell.
- Athlete goes down on the ground perpendicular to the bar, descent in jump or step.
- Chest clearly touches the floor.
- Athlete goes back up in jump or step.
- Jump over the bar with both feet at the same time.
Scaled: Step over the bar allowed.

Sync: Chest on the ground.

Bar Muscle-Up / BMU

- Start position: Athlete stands up under the rack.
- Athlete hangs on the rack arms out and move his/her upper body above the pull-up bar, arms out.
- Go down arms out between reps.
- Female athletes may use an elastic band.

Sync: Top, upper body over the pull-up bar, arms out.

Bar Push-Up

- Start position: Athlete is in a push-up position, hands on the bar and feet on the ground.
- Athlete goes down in push-up, chest clearly touching the bar.
- Go back up in push-up, arms out and tight body. Only feet touch the ground.

Sync: Bottom, chest on the bar.

Bike Erg

- Start position: Athlete stands behind the bike, hand on the seat, monitor at 0.
- The monitor must be set to 0 after each cycle.

Box Facing Burpee

- Start position: Athlete stands up facing the box.
- Athlete goes down on the ground perpendicular to the box, descent in jump or step.
- Chest clearly touches the floor.
- Athlete goes back up in jump or step.
- Jump over the box, both feet must clearly touch the top of the box.
Scaled: Step on the box allowed.
- Descent on the other side of the box in jump or step.

Sync: Chest on the ground and feet on the top of the box.

Box Jump / BJ

- Start position: Athlete stands up facing the box.
- Jump on the box, body in full extension.
- Descent in jump or step.

Sync: On the box in full extension.

Box Jump Over / BJO

- Start position: Athlete stands up facing the box.
- Jump over the box, both feet must clearly touch the top of the box.
- Descent on the other side of the box in jump or step.

Sync: On the top of the box.

Brouette

- Start position: Athlete A is in a wheelbarrow position, hands on the ground and feet held by athlete B. Athlete A's knees are at the starting line.
- Athlete B holds Athlete A below the knees. Ankles OK.
- Athlete A's two hands cross the finish line.

Burpee Over the Bar / BOB

- Start position: Athlete stands up facing the barbell.
- Athlete goes down on the ground perpendicular or parallel to the bar, descent in jump or step.
- Chest clearly touches the floor.
- Athlete goes back up in jump or step.
- Jump over the bar with both feet at the same time.
Scaled: Step over the bar allowed.

Sync: Chest on the ground.

Chest-to-Bar Pull-Up / C2B

- Start position: Athlete stands up under the rack.
- Athlete hangs on the rack arms out and clearly touch the pull-up bar with his/her chest. Strict, kipping and butterfly allowed.
- Go down arms out between reps.
- Female athletes may use an elastic band.

Sync: Top, chest touching the pull-up bar.

Clean

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack, Squat or Power.
- Go up in full extension, barbell must contact the shoulders.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension.

Clean & Jerk / C&J

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack, Squat or Power.
- Go up in full extension, barbell must contact the shoulders.
- Athlete throws the barbell overhead, arms locked, legs slightly bent then go up in full extension. Split allowed.
- Both feet are placed back on the same line, barbell is stabilized above the head.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension with arms out.

DB Box Step-Up

- Start position: Athlete stands up facing the box, dumbbell on the ground.
- Step up the box with 1 leg in full extension holding the dumbbell then move the second leg on the box. Both feet clearly touch the top of the box.
- Step down the box with both feet on the ground. Alternating or same leg allowed.

Sync: Top, in full extension with both feet on the box.

DB Snatch

- Start position: Athlete stands up, dumbbell on the ground.
- Dumbbell is moved overhead in a continuous motion, arm locked and body in full extension.
- Both sides of the dumbbell touch the ground after each rep.
- Same arm or alternating, your choice.

Sync: Top, dumbbell overhead.

DB Thruster

- Start position: Athlete stands up, dumbbell(s) on the ground.
- Athlete moves the dumbbell(s) in front rack. Dumbbell(s) must contact the shoulders.
- Go down in squat and break the parallel.
- Go back up and throw the dumbbell(s) overhead, arms out and body in full extension.

Sync: Top, in full extension with arm(s) out.

Deadlift / DL

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell to the hips, body in full extension. Hand position at your choice.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension.

Double Under / DU

- Start position: Athlete stands up, jumping rope on the ground.
- Tope turns forward and passes twice under both feet to count the rep.

Dual Deadlift / Partner Deadlift

- Start position: Athletes stand up, barbell on the ground, each on the side of the weights of their sex.
- Athletes move the barbell to the hips, body in full extension. Hand position at your choice.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension.

Front Squat / FS

- Start position: Athlete stands up, barbell on the ground (unless otherwise specified).
- Move the barbell in front rack. Barbell must contact the shoulders.
- Break the parallel and go back up in full extension.

Sync: Bottom below the parallel and top in full extension.

GHD Sit-Up

- Start position: Athlete is on the GHD, feet locked in the pads with hands touching the foot pads.
- Athlete extends backwards and clearly touches the ground with both hands. Female athletes touch the wall-ball placed under the GHD.
- Go back up and clearly touch the foot pads with both hands.

Sync: Bottom touching the ground (or wall-ball) and top touching the foot pads.

Goblet Squat

- Start position: Athlete stands up behind the item.
- Athlete holds the item in front rack with both hands. Item is close to the body.
- Go down in squat and break the parallel.
- Go back up in full extension.

Sync: Bottom below the parallel and top in full extension.

Ground to Overhead / GTOH / G2OH

- Start position: Athlete stands up, barbell on the ground.
- Bar must be moved overhead, arms out, body in full extension. All snatch variation allowed, all clean and jerk/press variations allowed.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension.

Hand-Release Push-Up / HRP

- Start position: Athlete is in a push-up position, hands and feet on the ground.
- Athlete goes down in push-up, chest clearly touching the ground, and both hands off the ground.
- Go back up in push-up, arms out and tight body. Only hands and feet touch the ground.

Sync: Bottom, chest on the ground.

Handstand Push-Up / HSPU

- Start position: Athlete stands up facing the wall.
- Athlete starts in handstand position, arms out. Only feet touch the wall.
- Touch the ground/AbMat with the head and extend back in handstand position, arms out. Only feet touch the wall.

Sync: Bottom head on the ground/AbMat and top in full extension.

Handstand Walk / HSW

- Start position: Athlete stands up behind the starting line.
- Athlete sets off in handstand position and move forwards on his/her hands.
- Both hands must clearly cross the finish line.
- In case of a fall, start again behind the last intermediate line crossed.



Hang Clean

- Start position: Athlete stands holding the barbell, body in full extension.
- Athlete moves the barbell in front rack, Squat or Power.
- Go up in full extension, barbell must contact the shoulders
- Barbell does not pass under the knees

Sync: Top, in full extension.

Hang Snatch

- Start position: Athlete stands holding the barbell, body in full extension.
- Barbell is moved overhead in a continuous motion, arms locked. Press allowed if the barbell has completely passed the head.
- Go back up, body in full extension, Squat or Power.
- Both feet are placed back on the same line, barbell is stabilized above the head.
- Barbell does not pass under the knees.

Sync: Top in full extension with arms out.

KB Box Step-Up

- Start position: Athlete stands up facing the box, kettlebell on the ground.
- Athlete holds the kettlebell in front rack position with both hands close to the body or on the shoulder.
- Step up the box with 1 leg in full extension then move the second leg on the box. Both feet clearly touch the top of the box.
- Step down the box with both feet on the ground. Alternating or same leg allowed.

Sync: Top, in full extension with both feet on the box.

Knee Raises / KR

- Start position: Athlete stands up under the rack.
- Athlete hangs on the rack arms out and moves the knees above the hips.
- Move the knees down to extend the legs, both feet must pass behind the rack.

Sync: Top, knees above the hips.

Legless Rope Climb

- Start position: Athlete stands up next to the climbing rope.
- Athlete climbs the rope and touches the mark at the top of the rope with at least one hand. Jump allowed at the start. Feet must not contact the rope.
- Athlete goes down, both feet must touch the ground.

Sync: Top, touch the mark.

Lunge

- Start position: Athlete stands up.
- Athlete makes a step forward and perform a lunge. The knee clearly touches the ground.
- Move front foot back to start position.

Sync: Down, knee on the ground.

Overhead Lunge / OH Lunge

- Start position: Athlete stands up.
- Athlete gets the barbell overhead, arms out.
- Athlete makes a step forward and perform a lunge. The knee clearly touches the ground.
- Move front foot back to start position.

Sync: Down, knee on the ground.

Pistol Squat

- Start position: Athlete stands up.
- Athlete raises one leg and go down in squat with the other leg, breaking the parallel. Hold foot with hand allowed.
- Go back up in full extension on 1 leg. The foot of the raised leg must not touch the ground during the squat.
- Squat with the same leg allowed, the elevated foot must touch the floor between each rep (in full extension).

Sync: Down, below the parallel.

Power Clean

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack not breaking the parallel and go up in full extension. Barbell must contact the shoulders.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension.

Power Snatch

- Start position: Athlete stands up, barbell on the ground.
- Barbell is moved overhead in a continuous motion, arms locked, not breaking the parallel. Press allowed if the barbell has completely passed the head.
- Go back up, body in full extension.
- Both feet are placed back on the same line, barbell is stabilized above the head.
- Both sides of the barbell touch the ground after each rep.

Sync: Top in full extension with arms out.

Pull-Up / PU

- Start position: Athlete stands up under the rack.
- Athlete hangs on the rack arms out and clearly passes the chin above the pull-up bar. Strict, kipping and butterfly allowed.
- Go down arms out between reps.
- Female athletes may use an elastic band.

Sync: Top, chin above the pull-up bar.

Push Jerk

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack, barbell must contact the shoulders.
- Athlete slightly bends the legs and throws the barbell overhead, arms locked, legs slightly bend then go up in full extension.
- Barbell is moved back in front rack position, must contact the shoulders after each rep.

Sync: Top, in full extension with arms out.

Push Press

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack, barbell must contact the shoulders.
- Athlete slightly bends the legs and throws the barbell overhead, arms locked, straight legs in full extension.
- Barbell is moved back in front rack position, must contact the shoulders after each rep.

Sync: Top, in full extension with arms out.

Reverse Lunge

- Start position: Athlete stands up.
- Athlete makes a step backward and perform a lunge. The knee clearly touches the ground.
- Move front foot back to start position.

Sync: Down, knee on the ground.

Ring Muscle-Up / RMU

- Start position: Athlete stands up under the rings.
- Athlete hangs on the rings arms out and move his/her upper body above the rings, arms out.
- Go down arms out between reps

Sync: Top, upper body over the rings, arms out.

Ring Row

- Start position: Athlete is in a plank position holding the rings, feet under anchor point. and feet on the ground.
- Athlete keeps a tight body and moves the chest to the rings. Only feet touch the ground.
- Go back down, straight arms and tight body. Only feet touch the ground.

Sync: Top, chest touching the rings.

Rope Climb

- Start position: Athlete stands up next to the climbing rope.
- Athlete climbs the rope and touches the mark at the top of the rope with at least one hand. Jump allowed at the start.
- Athlete goes down, both feet must touch the ground.

Sync: Top, touch the mark.

Row

- Start position: Athlete is on the rower, feet locked in the straps, monitor at 0. Do not touch the handle.
- The monitor must be set to 0 after each cycle.

Run

- Start position: Athlete stands up behind the starting line.
- Athlete runs along the course.
- Both feet must cross the finish line.

Sync: Cross the finish line together.

Shoulder to overhead / STOH / S2OH

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack. Barbell must contact the shoulders.
- Move the barbell overhead, arms out and body in full extension.
- Barbell is moved back in front rack position, must contact the shoulders after each rep.

Sync: Top, in full extension with arms out.

Single Under

- Start position: Athlete stands up, jumping rope on the ground.
- Rope turns forward and passes once under both feet to count the rep.

Sit-Up

- Start position: Athlete sits down (in front of AbMat), feet in butterfly position with hands in front of him/her on the ground.
- Athlete extends backwards and clearly touches the ground with both hands.
- Go back up and clearly touch the ground with both hands.

Sync: Behind, touching the ground, and in front, touching the ground.

Ski Erg

- Start position: Athlete stands facing the ski Erg, monitor at 0. Do not touch the handles.
- The monitor must be set to 0 after each cycle.



Sled Push

- Start position: Athlete and the 4 feet of the sled are behind the starting line.
- Athlete push the sled to reach the finish line, the complete sled crossing the line.
- Loading of the sled by the athlete.

Snatch

- Start position: Athlete stands up, barbell on the ground.
- Barbell is moved overhead in a continuous motion, arms locked. Press allowed if the barbell has completely passed the head. Squat or Power.
- Go back up, body in full extension.
- Both feet are placed back on the same line, barbell is stabilized above the head.
- Both sides of the barbell touch the ground after each rep.

Sync: Top in full extension with arms out.

Squat Clean

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack breaking the parallel and go up in full extension. Barbell must contact the shoulders.
- Both sides of the barbell touch the ground after each rep.

Sync: Top, in full extension.

Squat Snatch

- Start position: Athlete stands up, barbell on the ground.
- Barbell is moved overhead in a continuous motion, arms locked, breaking the parallel. Press allowed if the barbell has completely passed the head.
- Go back up, body in full extension.
- Both feet are placed back on the same line, barbell is stabilized above the head.
- Both sides of the barbell touch the ground after each rep.

Sync: Top in full extension with arms out.

Thruster

- Start position: Athlete stands up, barbell on the ground.
- Athlete moves the barbell in front rack. Barbell must contact the shoulders.
- Go down in squat and break the parallel.
- Go back up and throw the barbell overhead, arms out and body in full extension.

Sync: Top, in full extension with arms out.

Toes-to-bar / TTB / T2B

- Start position: Athlete stands up under the rack.
- Athlete hangs on the rack arms out and moves the feet to the pull-up bar. Both feet clearly touch the pull-up bar.
- Move the feet down to extend the legs, both feet must pass behind the rack.

Sync: Top, both feet touch the pull-up bar.

Walking Lunge

- Start position: Athlete stands up, behind the starting line.
- Athlete makes a step forward and perform a lunge. The knee clearly touches the ground.
- Move back foot back forward and perform a lunge. The knee clearly touches the ground.
- Repeat until both feet cross the finish line.

Sync: Down, knee on the ground.

Wall Walk / WW

- Start position: Athlete lays down, perpendicular to the wall, hands on the line.
- Athlete goes up in vertical position facing the wall in full extension.
- Go back down, hands on the line.

Sync: Body parallel to the wall.

Wall-Ball Shot / WBS

- Start position: Athlete stands up facing the wall, wall-ball on the ground.
- Athlete holds the wall-ball in front rack, goes down in squat and breaks the parallel.
- Go back up in full extension and throw the wall-ball above the line. Wall-ball only touches the wall above the line.
- Catch the wall-ball and squat below the parallel between reps.

Sync: Top, wall-ball above the line.