

the **CrossFit**  
JOURNAL ARTICLES

## A Ringing Success

Muscle-ups knocked Annie Mist Thorisdottir out of the 2009 CrossFit Games. Less than four months later, she's confident the movement won't be a problem again.

Mike Warkentin



Susannah Dy/CrossFit Journal

"DNF—first muscle-up!"

That was what appeared on Annie Mist Thorisdottir's scorecard when judge Chuck Carswell brought it to the scorer's table after the final women's WOD at the 2009 CrossFit Games.

1 of 3



Susannah Dy/CrossFit Journal

**Thorisdottir got her first muscle-up about half an hour after learning it at the 2009 CrossFit Games. A few months later, she's got the movement under her belt.**

Moments earlier, the 19-year-old from Iceland had failed to finish the gruelling chipper but had managed to inspire the entire crowd by getting her very first muscle-up in one of the Games' most memorable moments.

"It was the most amazing thing ever," Thorisdottir said of hearing 4,000 spectators erupt when she finally locked out her first muscle-up about 30 minutes after learning the movement.

### **Strong Athlete, Strong Will**

Thorisdottir went into the final event at the CrossFit Games as the only competitor with a chance to wrest the overall title from Tanya Wagner. When the movements for the final WOD were announced, Thorisdottir said that she had never done muscle-ups before and was quickly united with Jeff Tucker and Nicole Carroll for an impromptu training session.

After trying a host of reps in the athletes' warm-up area, Thorisdottir jumped into the WOD without ever having seen the view from the top of the rings. She cruised through the first evolutions (15 squat cleans at 100 lb., 30 toes-to-bar and 30 20-inch box jumps), and when she got to the rings, all eyes were upon the striking European.

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After failing several times in tears, Thorisdottir struggled through a slow and grinding muscle-up, managing to triumphantly lock herself out above the rings with the entire crowd roaring its approval. It was a magic moment and one of the most impressive feats of raw athleticism seen in a weekend of amazing performances.

After the Games, Thorisdottir vowed she would learn the muscle-up, and when she appeared unannounced at a Level 1 Cert in San Diego, Calif., on Oct. 24, the *CrossFit Journal* asked her about her blossoming skills.

Speaking via a video link-up from the sunny SoCal city, Thorisdottir explained that it took some time to get better at the gymnastics movement.

"I didn't even want to try it after the Games," she said. "I felt so frustrated with myself for not being able to do a muscle-up."

Nevertheless, Thorisdottir was determined to get rid of a chink in her armor as she trained for the 2010 Games, so she traveled to Denmark for a Gymnastics Cert with Jeff Tucker about three weeks before hitting the road for California. Thorisdottir reunited with the jovial gymnastics expert and got on the rings for some serious technique work.

"One of the things about her is she has a very focused mindset when she comes to attacking a particular skill," Tucker said on the phone from a Gymnastics Cert in Vancouver, B.C., late in October.

Tucker says Thorisdottir has great strength and body awareness, and he even used her to demo movements such as the press to handstand during the cert in Denmark. The Texan recalls that she could do muscle-ups at the cert but lacked great form.

"We dialed them in a little bit and made them cleaner for her," he said. "She had the movement down for sure better than at the Games. Strength wasn't the issue. It was a matter of learning technique."

Thorisdottir says she hasn't mastered the movement yet, but she's certainly getting a lot better.

"I can't do them if I'm really tired, and I can't do it without kipping," Thorisdottir said. "I only do one at a time. We don't have rings at bootcamp, so I don't work on them as much as I want to."

All that aside, the Icelander is confident muscle-ups won't be a problem if they show up in another WOD as she attempts to get back to Aromas, Calif., for the 2010 Games:

"I would definitely be able to do it, maybe slowly, but I would finish it."

Tucker was more assertive when asked how he thought Thorisdottir would fare in a muscle-up WOD:

"I'd put my money on her."



Susannah Dy/CrossFit Journal

**Video of Thorisdottir performing a muscle-up at CrossFit San Diego:**

[mov](#) | [wmv](#)