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RX recovery

Saturday AM



Elite Individuals / Masters

Event 2 - Not just Max Strength - 100 points

Running Clock 10 minutes

0-5 minutes

10-rep Max Overhead Squat

5-10 minutes

1-rep max Snatch

Workout Description:

Athletes will begin on their platform with an unloaded bar. On the call of “3, 2, 1, GO!”, the athlete will load their bar and make their first attempt. From minute zero to five, the athlete will have attempts at a ten rep max overhead squat. The athlete must verbally confirm the weight on the bar to their judge before making their attempt. If the bar or athlete come off the platform in anyway, the lift will not count. From minutes six to ten, the athlete will have attempts at a 1 rep max snatch. If the bar or athlete come off the platform in anyway, the lift will not count. If any part of the athlete’s body touches the ground other than the feet, the lift will not count. The score for this event is the heaviest successful combined lifts of the ten rep max overhead squat and the snatch.

Movements Standards:

Overhead Squat

- The bar must be taken from the floor. The athlete may choose to muscle snatch, power snatch, squat snatch, or clean the bar and then put it on their back to go overhead. A snatch balance is

allowed for the first repetition as well.

- hips must pass below parallel for the rep to count.
- At the top of each rep the knees, and hips are fully extended with the bar overhead.

Snatch

- The athlete must bring the bar from the ground to the overhead position in one smooth motion.
- At the top, the arms, hips and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body. No part of the body other than the feet may touch the ground during the execution of the lift. A muscle snatch, power snatch, squat snatch, or split snatch may be used.

Intermediate/Scaled Individual/ Teens

Event 1&2 - Strength & Burn - 100 points each

Running Clock

0-5 mins

1 rep max clean

1 min transition

Complete for time - 4 minute time cap

40/30 calorie row

40 box jump overs 24/20"

Cross finish line

Workout Description:

Athletes will begin on their platform with an unloaded bar. On the call of "3, 2, 1, GO!", the athlete will load their bar and make their first attempt. From minute zero to five, the athlete will have attempts at a 1 rep max clean. After the five minutes are up, there will be a one minute transition to the next event. At minute seven on the clock, Athletes will begin seated on the

rower, you may have the handle in hand with the monitor reading zero calories.

ROW: On the call of 3,2,1 Go athletes will begin rowing until the designated calories are complete. The athlete must remain on the rower until it reads the assigned calories.

BOX JUMP OVERS: You may perform these facing the box or laterally.

You will advance your box forward to the next marker after each set of 10 repetitions is completed. After the 40 box jump overs are complete, the athlete will run and cross the finish line. There will be two scores for this event, your weight on the clean and your total time to complete the second part of this workout. If you do not complete the work in the time cap, you will be awarded an amount of repetitions for your score.

Movement Standards:

Row:

- The athlete may be seated on rower prior to the start of the event, the handle can be in athletes' hand. Any damper setting is fine.
- Athlete must stay on the rower until designated calories reached and the judge gives the OK.

Box Jump Overs:

- There is no requirement to stand tall while on top of the box.
- A two-foot takeoff is always required.
- Only the athlete's feet may touch the box.
- The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box.
- If jumping over the box, the feet must go over the box, not around it, and the athlete may land on the opposite side in any fashion.
- You may perform this facing the box or lateral jumps.
- Each rep is counted when the athlete lands on the ground on the opposite side of the box, where

they may begin their next rep.

- Athletes may choose to perform box step overs. The athlete will still need to make contact on top of the box with both feet before stepping or jumping off the other side.

Elite Trios

Event 2 - Not just Max Strength - 100 points

12 minute running clock

0-4 minutes

10 rep max overhead squat - teammate 1

4-8 minutes

1 rep max snatch - teammate 2

8-12 minutes

1 rep max clean - teammate 3

Workout Description:

With athlete 1 standing on the platform with an unloaded barbell, at the call of 3,2,1..go! Athlete 1 will have 4 minutes to establish a 10-rep max overhead squat. The bar must be taken from the floor and can get put overhead anyhow. After the 4 minutes is up, athlete two will step forward and begin their 1 rep max snatch. The barbell can stay loaded with weight at this point. From minutes 4-8 athlete 2 will begin attempts at a 1 rep max snatch. At minute 8, athlete 3 will step up to the platform and begin attempts at their 1 rep max clean. The barbell can stay loaded with weight at this point. After the 12 minutes is completed, the score between the team will be combined weight of the overhead squat, snatch, and clean.

Movement Standards

Overhead Squat

- The bar must be taken from the floor. The athlete may choose to muscle snatch, power snatch,

squat snatch, or clean the bar and then put it on their back to go overhead. A snatch balance is allowed for the first repetition as well.

- hips must pass below parallel for the rep to count.
- At the top of each rep the knees, and hips are fully extended with the bar overhead.

Snatch

- The athlete must bring the bar from the ground to the overhead position in one smooth motion.
- At the top, the arms, hips and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body. No part of the body other than the feet may touch the ground during the execution of the lift. A muscle snatch, a power snatch, a squat snatch, or a split snatch may be used.

Clean

- The bar must be taken from the ground to the shoulders in one continuous motion. Hang cleans are not permitted.
- A muscle clean, power clean, split clean or squat clean is Permitted.
- For the rep to count, the athlete must be fully stood with the bar with ankles, knees, and hips locked out at the top.

Intermediate / Scaled Trios

Event 1&2 - Strength & Burn - 100 points each

Running Clock

0-8 minutes

1 rep max clean

1 min transition

AMRAP 4 minutes

Teammate 1 - Calories on the rower

Teammates 2+3 - Box Jump Overs 24/20"

Workout Description

With all athletes standing on the platform with an unloaded barbell, at the call of 3,2,1...go! All 3 team members from 0-8 minutes will perform a 1 rep max clean. All 3 team members will share 1 barbell. You may load or unload weight from the bar at any point in the 8 minutes. Your score will be combined weight of the clean between all 3 team members. After 8 minutes is complete, there will be a 1 minute transition where team members will move to event 3. After the 1 minute transition, team members will start event 3. 1 team member will be on the rower at all times.

They may start strapped in and holding the handle before the clock starts. The display will be at 0 calories and they may not touch the display screen at any time, their judge will do that for them. While 1 team member is on the rower, the other 2 team members are performing box jump overs. There will be 1 box between the 2 team members on the box jump overs. You will advance your box every 10 repetitions on the box jump overs. All three team members can rotate between rowing and box jump overs at any point. Your score for event 3 is combined calories on the rower plus total repetitions on the box jump overs. While performing the box jump overs, teammates may only jump the parallel to the mats.

Movement Standards

Clean

- The bar must be taken from the ground to the shoulders in one continuous motion. Hang cleans are not permitted.
- A muscle clean, power clean, split clean or squat clean is Permitted.
- For the rep to count, the athlete must be fully stood with the bar with ankles, knees, and hips locked out at the top.

Row:

- The athlete may be seated on rower prior to the start of the event, the handle can be in athletes' hand. Any damper setting is fine.
- Athlete must stay on the rower until designated calories reached and the judge gives the OK.

Box Jump Overs:

- There is no requirement to stand tall while on top of the box.
- A two-foot takeoff is always required.
- Only the athlete's feet may touch the box.
- The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box.
- If jumping over the box, the feet must go over the box, not around it, and the athlete may land on the opposite side in any fashion.
- You may perform this facing the box or lateral jumps.
- Each rep is counted when the athlete lands on the ground on the opposite side of the box, where they may begin their next rep.
- Athletes may choose to perform box step overs. The athlete will still need to make contact on top of the box with both feet before stepping or jumping off the other side.