



WORKOUT 3: LOAD & REPEAT

15 mins Workout

At 0:00

Male 1: Max Number of Power Cleans (155 lbs)

At 1:00

Male 1: 1 Rep Max Squat Clean & Jerk

At 5:00

Female: Max Number of Power Cleans (115 lbs)

At 6:00

Female: 1 Rep Max Squat Clean & Jerk

At 10:00

Male 2: Max Number of Power Cleans (155 lbs)

At 11:00

Male 2: Rep Max Squat Clean & Jerk

SCALED OPTIONS

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Female: Power Cleans 95 lbs

Male: Power Cleans 135 lbs

NOTES:

- Workout Starts with All 3 Athletes behind the designated line.
- After the call of "3,2,1...Go" The Male 1 Athlete will move to the bar to perform the Power cleans
- Only reps performed and completed during the assigned minute will be counted.
- For the 1 rep max attempts, team members can assist with setting up plates and barbell.
- If the final attempt starts below the completion of the window (bar off the ground), if successful the rep will be considered valid, but the extra time will be reduced from the next window. For instance, if male 1 completes the final 1 rep max attempt at 5:10, the female will only have 50 seconds left to perform the max number of power cleans.

EQUIPMENT

RX

2x20 kg barbells

1x15 kg barbell

Fixed barbells: Male: 2x45 lbs plates + 2x10 lbs plates

Female: 2x25 lbs plates + 2x15 lbs plates

Additional Plates:

2x45 lbs plates / 2x35 lbs plates / 2x25 lbs plates / 2x15 lbs plates / 2x10 lbs plates / 2x5 lbs plates / 2x1 lb plate

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MOVEMENT STANDARDS

Power Cleans

- Each rep must start from the bar on the ground with both plates touching the floor
- Repetitions can be touch and go or singles.
- For the rep to count athlete must have the bar in front rack position and hip and legs full extended.

Squat Clean and Jerk

- Each rep must start from the ground with both plates touching the floor.
- Barbell must have clips at all times.
- The hip crease must clearly pass below the top of the knees in the bottom position of the squat.
- Strict press, push press, push jerk, split jerk and squat jerk are allowed.
- Reps is credited once the arms are fully lock, with hips and legs extended and feet aligned.
- Athletes must wait for validation from the judge before lowering down the bar.
- Athletes can have as many attempts as needed in the window of time assigned.

SCORING CARD SO YOU THINK YOU ARE STRONG?

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	3A SCORE REPS	3B SCORE WEIGHT (lbs)
Male 1		
Female		
Male 2		
TOTAL		

TEAM NAME: _____ RX: ____ SCALED : ____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

WORKOUT 1

TEAM NAME: _____ RX: ____ SCALED : ____ SCORE : 3A: _____ REPS
3B: _____ LBS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout

Judge Signature: _____