

18.1

On a 10' clock, from 0-4' the athlete performs as many rounds as possible of 4 thrusters and 6 burpee box jump over.

The athlete must break parallel in every thruster and reach full extension + lockout with the bar directly overhead in every thruster.

The BBJO have to be box facing. The athlete doesn't have to reach full extension on the box before jumping over. The jump has to be a "two foot-jump" with both feet leaving the floor simultaneously.

In the burpee both feet have to move together back and forward, no stepping allowed.



18.1a

From 4'-6'

The athlete has to perform a max of the following complex. **(this has to be performed as one movement, the bar can only touch the floor when the complex is done)**

1 Squat clean + 1 hang squat clean + 1 front squat clean + 1 shoulder to overhead

The athlete can use two different bars and have a bar already prepared.

The teams can have 4 bars ready.

There have to be collars on the bar.

Squat clean

The movement starts with the bar on the floor, the athlete has to break parallel in the squat and then reach full extension with the bar on his/her shoulders.

Hang squat clean

The bar can not go lower than the knee, again the athlete needs to break parallel and reach full extension with the bar on the shoulders.

Front squat

With the bar still on the shoulders, the athlete goes into a squat and again reaches full extension.

Shoulder to overhead

The bar has to go from the shoulders to a overhead position with the bar in full lockout directly overhead. This can happen anyway the athlete chooses except for a thruster. This means there has to be a pause in full extension between the FSQ and the STOH.

18.1

From 6'-10'

The athlete performs the same amrap as minute 0'-4'.

In this workout we score total amount of reps (1st 4 minutes + last 4 minutes) and max weight.

Teams

The teams will do the same workout, however. The time for both amraps will be 6'.

The teams can divide the work however they see fit. Only one works two rest.

Concerning the complex, each teammember will get 1' to perform their max. So 3' directly after the amrap. The teams can choose in which order the team will perform.

Immediately after the complex, the team will perform the same 6' amrap.

Every athlete has to do at least 1 rep of any exercise in every amrap.

Flow of the workout;

0-6'

amrap

6'-9'

complex (1' per teammember)

9'-15'

amrap

Elite and team

women use 95lbs/42kg

men use 135lbs/60kg

intermediate

women use 65lbs/30kg

men use 95lbs/42kg