



Workout #1 - 5 min AMRAP

**7 Hang Power Cleans
7 Shoulder to Overhead**

RX - 95/65#

Scaled - 85/55#

Beginner - 75/45#

At 3,2,1,go... partner 1 will do 7 hang power cleans & 7 shoulder-to-overheads, then drop the barbell to the ground. Partner 2 will then pick-up the barbell, do 7 hang power cleans and 7 shoulder-to-overheads, then drop the barbell to the ground. Partners will continue to complete one round at a time, switching after each round, for the entire 5 minutes. It does not matter which teammate is partner 1 and which is partner 2.

Movement Standards

Hang Power Clean - This movement begins with the barbell in the hang position with the athlete's knees and hips at full extension - this means the athlete will first need to deadlift the bar from the ground. The athlete must pause at the top of this deadlift and have the bar in the hang position before starting their reps. Remember, this is not a full power clean. Failure to pause at the top will result in a no-rep for the first rep. Once in the hang position, athletes will then pull the bar up to the front rack position. Once the athlete fully extended their knees and hips with their elbows out in front of the bar, the rep is complete. If the athlete does not fully extend their knees and hips, or their elbows have not popped through in front of the bar, it is a no-rep.

Shoulder-to-Overhead (S2OH) - When S2OH is noted, the athlete is permitted to move the bar from their shoulder to the overhead position by way of strict press, push press, push jerk, split jerk, or thruster. Each athlete may choose which of these movements they would like to use - partners do not have to do the same S2OH movement. The athlete does not need to indicate which movement they will be using prior to the WOD, and are also permitted to switch S2OH movements during the workout (e.g. start strict pressing then begin push jerking). Regardless of the movement used, the rep is complete when the athlete's hips and knees are fully extended with their elbows locked out with the weight overhead.

Workout #1 Scoring

Total number of reps completed by the team.