



Workout #1 - 1RM then 7 min AMRAP

PART ONE: 1RM Clean

At 3, 2, 1, go... teams will have 7 minutes for all 3 partners to reach a one rep max clean. The order in which athletes lift does not matter. Athletes may power clean or squat clean, and have as many attempts at it as time will allow. Teams are responsible for changing their own weights on the barbell - you can help your teammates, but your judge will not be able to assist you. Prior to each lift, you **must** inform your judge of how much weight is on the barbell. Any lift started before the 7 minute mark may be completed, however the team can not begin work on the AMRAP until the lift is completed and the appropriate AMRAP weight is on the barbell. Each lane will have 2 plates of the following weights: 45, 25, 15, 10, 5 & 2.5. Additional weight is available if you plan to go over the total weight available in the lane. All weight **must** be clipped in. If a plate of any kind is sitting outside of the clip, it is a no rep. This is for your safety and the safety of those around you.

Once all three athlete's have completed their 1RM, the team must change the weight on the barbell to that as prescribed in the AMRAP.

STRAIGHT INTO....

PART TWO: 7 minute AMRAP

RX	Scaled	Beginner
7 Power Cleans (135/95#)	7 Power Cleans (115/85#)	7 Power Cleans (85/55#)
7 Box Jump Overs	7 Box Jump Overs	7 Box Step Overs
7 Chest 2 Bar	7 Pull Ups	7 Jumping Pull Ups
7 Wall Balls (20/14#)	7 Wall Balls (20/14#)	7 Wall Balls (14/10#)

At 3, 2, 1, go... Partner #1 will start & complete all 7 power cleans. Once the 7th rep is finished, Partner #2 will do all 7 box jump overs. Once completed, Partner #3 will then complete all 7 C2B/pull ups. Once done, Partner #1 will do all 7 wall balls. Partner #2 will then start on the next round of the AMRAP and complete 7 power cleans. Partners will continue to alternate through the movements (in order) for the entire 7 minutes. It does not matter which teammate is Partner #1, #2, or #3. However, once you set an order, you must stick to that throughout the entire AMRAP.

Please note that there is no rest time in between Part 1 and Part 2 of this workout. Teams will need to budget time to set-up their barbell for the AMRAP. If your partner is still fighting through the lift when the AMRAP clock begins, the AMRAP cannot be started. Only once that lift is completed and the AMRAP weight is on the barbell can you begin the AMRAP.

Workout #1 Scoring

Part One Scoring

The total number of pounds lifted by the team (Athlete #1's 1RM pounds + Athlete #2's 1RM pounds + Athlete #3's 1RM pounds).

Part Two Scoring

The total number of reps completed by the team.

Workout #1 Movement Standards

Part One Movement Standards

Clean - This movement begins with the barbell on the floor. Athletes will then pull the bar up to the front rack position, catching it in either an upright, dipped, or squat position. The athlete will then stand the bar up, fully extended their knees and hips with their elbows out and in front of the bar. Once the athlete is standing and fully extended, the rep is complete.

Prior to each lift, you **must** inform your judge of how much weight is on the barbell.

Part Two Movement Standards

Wall-Balls - This movement starts at the bottom of the squat with the athlete breaking parallel (hip crease below the knee). Once in the squat, athletes will stand and throw their ball to the

center of their target. If the ball hits below the target or does not hit the wall at all, it is a no rep. If the ball hits above the target, that is OK. If the ball is dropped, the athlete will need to begin the movement again (starting in the squat). If the athlete does not break parallel in the bottom of the squat, it is a no-rep.

Chest 2 Bar Pull Ups - This movement begins with the athlete hanging on the bar. Hips and arms must be fully extended (no bend) and the athlete's feet/toes cannot be touching the floor. The athlete will then pull their body up and touch their chest to the bar. The chest (below the collarbone) must clearly make contact with the bar - if it does not touch, it is a no-rep. Strict, kipping, or butterfly chest-to-bars are allowed. If the athlete's feet drop to the floor, they will need to resume the hanging position in order to start the next rep.

Pull Ups - This movement begins with the athlete hanging on the bar. Hips and arms must be fully extended (no bend) and the athlete's feet/toes cannot be touching the floor. The athlete will then pull their body up until their chin breaks the horizontal plane of top of the bar. If the athlete's chin does not go over the bar, it is a no-rep. Strict, kipping, or butterfly pull-ups are allowed. If the athlete's feet drop to the floor, they will need to resume the hanging position in order to start the next rep.

Jumping Pull Ups - The athlete should set up their pull up station so that the bar is at least 6 inches above the top of their head. The rep will start with the athlete's feet on the ground/box/plate and hands on the rig with their arms fully extended. The athlete will then jump, pulling their chin over the bar. If the athlete's chin does not go over the bar, it is a no-rep.

Power Clean - This movement begins with the barbell on the floor. Athletes will then pull the bar up to the front rack position, catching it in either an upright or a "dipped" position. The athlete will then stand the bar up, fully extended their knees and hips with their elbows out and in front of the bar. 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. The next rep will begin once the bar touches the ground. If doing a set, you can touch-and-go or drop the barbell in between reps. However, the bar must touch the floor between each rep. If it does not touch the ground, it is a no-rep.

Box Jump Overs - This movement begins with the athlete standing on the ground. Athletes will then jump on the box and either step-down or jump back to the ground. Once both the athlete's feet touch the ground on the other side, the rep is complete. In this standard, athletes can choose to jump over the box in its entirety, never touching their feet to the top. However, both the athlete's feet must go over the top surface of the box, not the side or the corner.

Box Step Overs - This movement begins with the athlete on the ground. Athletes will then step-up on the box and then either step-down or jump back to the ground. Once both the athlete's feet touch the ground on the other side, the the rep is complete.