

## **RX**

### **WORKOUT 1**

42 Power Cleans (135,95)  
21 Synchronized Toes-to-Bar  
30 Power Cleans (135,95)  
15 Synchronized Toes-to-Bar  
18 Power Cleans (135,95)  
9 Synchronized Toes-to-Bar

(Cap 8:00)

### **WORKOUT 1A**

2:00 to Establish:  
3 Rep Max Front Squat

### **DESCRIPTION**

Workout 1 begins with the barbell resting on the floor and the athletes standing tall. After the call of “3, 2, 1 ... go”, one athlete may begin moving the barbell in one fluid movement from ground to the shoulders. A muscle clean or power clean is allowed. Hang cleans or squat cleans are not allowed. Touch and go is permitted, but bouncing or dropping and catching the barbell on the rebound is not permitted. Once dropped, the barbell must settle on the ground before beginning the next repetition. The athletes will complete 42 reps and can dividing the reps however they choose. Once complete, the pair will move to the rig to complete 21 synchronized toes-to-bar. The athletes will then return to the barbell to complete 30 more cleans followed by 15 synchronized TTB and finally finishing the workout with 18 more cleans and 9 synchronized TTB. This portion of the workout is over when the athletes complete the last synchronized TTB or when the clock reaches 8 minutes.

Workout 1A, both athletes complete a 3-Rep-Max Front Squat which begins at the 8:00 mark. **If both athletes complete all the cleans and toes-to-bar before the 8-minute cap, they can use the remaining time to load the barbell to their opening weight, but practice/warm up reps are not permitted until the 8:00 mark.** The barbell must be taken from the floor for the Front Squats. A squat clean would count towards 1 of the 3 Front Squats. The squats have to be 3 consecutive squats to count as a successful lift. Partners can not assist in lifting the weight and the plates must be secured with collars. The athletes may complete as many attempts as they like until the time cap is up but will only receive credit for the heaviest successful lifts.

Female teams will have 2-45's, 2-15's, 2-10's, 2-2.5's, & the 2-25's plus 2-5's that start on the barbell for Workout 1. Providing a possible 240 pounds.

Male teams will have 2-45's, 2-25's, 2-15's, 2-10's, 2-5's, 2-2.5's, & the 2-45's that start on the barbell for Workout 1. Providing a possible 340 pounds.

The team score for Workout 1 will be the total time it takes to complete all 135 reps, in the case of a time cap each uncompleted rep will be counted as 1 second and added to the 8 minutes. Example: if cap occurs with 5 reps left the entered time will be 8:05. The team score for Workout 1A will be the the total of the heaviest weight successfully completed by each person, in pounds.

### **TIEBREAK**

There is no tiebreak for Workout 1. However, the scoring for Workout 1A does include a tiebreak. In the case where two teams squat the same amount on Workout 1A, their times on Workout 1 will serve as the tiebreak, and the team with the faster time on Workout 1 will be ranked higher on Workout 1A.

## **MOVEMENT STANDARDS**

### **Power Clean**

- The barbell begins on the ground. Touch and go is permitted but bouncing is not allowed.
- A muscle clean or power clean may be used, as long as the barbell comes up to the shoulders in a fluid motion without pausing.
- The lift is complete when the hips and knees are fully extended with the feet in line and the elbows in front of the bar.



### **Synchronized Toes-to-Bar**

- In the toes-to-bar, the athletes must go from a full hang to having the toes touch the pull-up bar at the same time.
- At the start of each rep the arms must be fully extended and the feet must be brought back behind the bar.
- Both feet must come into contact with the bar at the same time, inside the hands.



## Front Squat

- The bar must be held on the shoulders in front of the body. There is no requirement to maintain a grip on the barbell.
- At the bottom of the squats the hip crease must pass below the top of the knees.
- At the top, the hips and knees must be fully extended.



