



# WEEK 1 - QUALIFIER WORKOUT I

6.7.17 7 PM CDT - 6.12.17 7 PM CDT

ROUND	HANG SQUAT CLEAN	ALT. FRONT RACK REVERSE LUNGE	C2B PULL-UPS
1	10	20	40
2	50	60	80
3	90	100	120
4	130	140	160
5	170	180	200
6	210	220	240
7	250	260	280
8	290	300	320
9	330	340	360
10	370	380	400

### 12 MINUTE AMRAP

10 hang squat clean  
10 alt. front rack reverse lunges in place  
20 chest-to-bar pull-ups\*

ATHLETE NAME:

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COMMUNITY NAME:

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ASRX

SCALED

TOTAL REPS

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## ALL DIVISIONS

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### ASRX (AGES 19-44)

12 MINUTE AMRAP  
10 hang squat clean (135/95)  
10 alt. front rack reverse lunges in place (135/95)  
20 chest-to-bar pull-ups

### TEEN (AGES 14-18), MASTERS (AGES 45-54)

12 MINUTE AMRAP  
10 hang squat clean (105/75)  
10 alt. front rack reverse lunges in place (105/75)  
20 chest-to-bar pull-ups

### MASTERS (AGES 55+)

12 MINUTE AMRAP  
10 hang squat clean (95/65)  
10 alt. front rack reverse lunges in place  
20 chest-to-bar pull-ups

### SCALED (AGES 19-44)

12 MINUTE AMRAP  
10 hang squat clean (95/65)  
10 alt. front rack reverse lunges in place (95/65)  
20 jumping pull-ups

### SCALED TEEN (AGES 14-18), SCALED MASTERS (AGES 45-54)

12 MINUTE AMRAP  
10 hang squat clean (65/45)  
10 alt. front rack reverse lunges in place (65/45)  
20 jumping pull-ups

### SCALED MASTERS (AGES 55+)

12 MINUTE AMRAP  
10 hang squat clean (45/35)  
10 alt. front rack reverse lunges in place (45/35)  
20 jumping pull-ups

Presented By:





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## EQUIPMENT

To complete this workout you will need:

- Pull-up bar
- One barbell
- Collars
- Plates
- Box (if applicable for jumping pull-ups)

## NOTES

This workout will begin with the bar on the ground. At the call of GO, the athlete starts with the Hang Squat Clean. Each repetition must start from the hang position, or any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang clean, from there the athlete must pass through a front squat, hip crease must be below the top of the knee at the bottom and finish with the barbell racked on the shoulders with elbows clearly in front of the bar and hips and knees fully extended. A power clean, followed by a front squat will NOT BE PERMITTED. Taking the bar directly from the ground into a Squat Clean in one continuous motion will also result in a NO REP.

Each front rack reverse lunge begins with the weight in the front rack, the feet together, and the athlete standing tall. The trailing knee must make contact with the ground at the bottom of each lunge. The weight must remain in the front rack for the duration of the repetition. The rep ends with the weight still in the front rack and the athlete standing tall with the hips and knees fully extended. The athlete must alternate which foot leads for each rep.

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom of the pull-up, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

If at any point the weight is dropped, the athlete must restart with that leg.

## VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be shot from a side angle so squat depth, overhead lockout, and burpee contact is clear on each rep.

Please be sure you have enough battery life, memory and time to upload your video. You may need to [increase your limit on YouTube](#) in order to allow a longer video.

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## - MOVEMENT STANDARDS -



### HANG SQUAT CLEANS

Each repetition must start from the hang position, or any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang clean, from there the athlete must pass through a front squat (knees below hip crease), and finish with the barbell racked on the shoulders with elbows clearly in front of the bar and hips and knees fully extended.

A power clean, followed by a front squat **will not be permitted**. Taking the bar directly from the ground into a Squat Clean in one continuous motion will also result in a **NO REP**.



### ALTERNATING REVERSE FRONT RACK LUNGES IN PLACE

Each repetition must start from in the front rack position, elbows clearly in front of the bar, feet under hips, and body in line, from there the athlete will step one foot back into a reverse lunge, touching the knee to the floor at the bottom of the lunge, and finish when same foot returns to the start position with knees and hips fully extended. You may not alternate to next leg until a good rep is completed.

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## - MOVEMENT STANDARDS CONT. -



### CHEST-TO-BAR PULL-UPS

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. Any grip is allowed, as long as the arms are fully extended at the bottom, and feet are off the ground. At the top, the chest, **must clearly come into contact** with the bar, below the collarbone.

### JUMPING PULL-UPS

The pull-up bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall. At the bottom, the arms need to be fully extended. At the top the chin must break the horizontal plane of the bar.

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