



WEEK 1 – QUALIFIER WORKOUT 1

— 15MIN AMRAP —

	Reps
10 squat clean & jerks	10
15 burpees over bar	25
8 squat clean & jerks	33
15 burpees over bar	48
6 squat clean & jerks	54
15 burpees over bar	69
4 squat clean & jerks	73
15 burpees over bar	88
2 squat clean & jerks	90
15 burpees over bar	105
Tie-Break Time: MIN SEC	
MAX squat clean & jerks	105+

Athlete Name:

Division Competing:

Presented By:



Sponsored By:



Tie-Break Time

**if your total reps are 104 or less, your tie break time is 15:00

MIN	SEC
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Total Reps



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6.9.16 7 PM CDT – 6.13.16 7 PM CDT

AsRX, Masters 35-49

15 minutes:

10 squat clean & jerks
(135/85)

15 burpees over bar

8 squat clean & jerks
(185/115)

15 burpees over bar

6 squat clean & jerks
(225/145)

15 burpees over bar

4 squat clean & jerks
(275/175)

15 burpees over bar

2 squat clean & jerks
(305/200)

15 burpees over bar

MAX squat clean & jerks
(315/205)

Teen, Masters 50-54

15 minutes:

10 squat clean & jerks
(115/75)

15 burpees over bar

8 squat clean & jerks
(145/100)

15 burpees over bar

6 squat clean & jerks
(175/125)

15 burpees over bar

4 squat clean & jerks
(205/145)

15 burpees over bar

2 squat clean & jerks
(225/155)

15 burpees over bar

MAX squat clean & jerks
(235/160)

Masters 55+

15 minutes:

10 squat clean & jerks
(95/55)

15 burpees over bar

8 squat clean & jerks
(115/75)

15 burpees over bar

6 squat clean & jerks
(135/95)

15 burpees over bar

4 squat clean & jerks
(155/115)

15 burpees over bar

2 squat clean & jerks
(175/125)

15 burpees over bar

MAX squat clean & jerks
(185/130)

Scaled

15 minutes:

10 squat clean & jerks
(95/55)

15 burpees over bar

8 squat clean & jerks
(115/75)

15 burpees over bar

6 squat clean & jerks
(135/95)

15 burpees over bar

4 squat clean & jerks
(155/115)

15 burpees over bar

2 squat clean & jerks
(175/125)

15 burpees over bar

MAX squat clean & jerks
(185/130)

EQUIPMENT

To complete this workout you will need:

- One barbell
- Collars
- **STANDARD SIZE** 18" bumper plates

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.

ADDITIONAL INFO

Each round begins with the barbell on the floor, loaded to the indicated weight. Assistance from a second person or judge to load weight on the bar for each round **IS NOT ALLOWED**. At the call of **GO**, the athlete will begin the first set of 10 squat clean & jerks, followed by 15 burpees over the bar. The athlete will then load the bar with the next weight indicated for their division and perform the set of 8 squat clean & jerks and 15 burpees over the bar, continuing until the final set of 2 squat clean & jerks and 15 burpees over the bar are completed. When the final burpee is completed in the final round, the elapsed time must be recorded. The athlete will then load the bar with the final weight and attempt maximum repetitions of the squat clean & jerk at the final weight with the remaining time.

ONLY ONE barbell may be used for this workout. Standard sized bumper plates and collars **MUST BE USED**.

We are using a tiebreak method for this workout. At the end of the final set of 15 burpees over the bar, the elapsed time must be recorded. When you submit your final score, your total will be the number of reps completed and there will be another field in which you will enter the tiebreak time. Time must be recorded in **ELAPSED TIME**, not in time remaining. In the case where more than one athlete has the same score, (number of repetitions), the athlete with the lower tiebreak time will be ranked higher.



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*** if you do not reach the final set of burpees under the time cap (your total reps completed are 104 or less), the tie break time you will enter with your score is 15:00

All athletes should review workout standards, movement and load variations specific to their division. Your score for this workout will be the total number of repetitions completed in the 15 minute cap, in addition to the elapsed time when the final set of burpees over the bar are completed.

MOVEMENT STANDARDS

SQUAT CLEAN & JERKS

Each repetition starts with the barbell on the floor. The barbell must be received in a squat, pause or pass through the front rack, and finish locked out in the overhead position. In the squat, the hip crease must be clearly below the top of the knee.

A squat clean to thruster will be permitted. A power clean to front squat is also allowed.

For the jerk, a push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the athlete uses a split jerk, the feet must return in line under the hips with weight over the heels to meet the requirement.

BURPEES OVER THE BAR

Each burpee must be performed perpendicular to and facing the barbell. The athlete must jump over the barbell with a two foot takeoff. The rep is counted when the athlete completes the jump. The next rep will then begin on the landing side facing the barbell.

The head **CANNOT** be over the barbell and the chest and thighs **MUST TOUCH THE GROUND** at the bottom of the repetition. Failure to make contact with the floor will result in a **NO REP**. One-footed jumps or stepping over the bar is **NOT PERMITTED**. Any repetitions completed with the body parallel to or diagonal to the barbell will **NOT BE COUNTED**.