



TEAM OF 3 QUALIFIER – WORKOUT I

7.5.17 7 PM CDT – 7.17.17 7 PM CDT

ATHLETE #1

ATHLETE #2

ATHLETE #3

OVERHEAD SQUAT
3 REP MAX

LBS

FRONT SQUAT
5 REP MAX

LBS

BACK SQUAT
7 REP MAX

LBS

TOTAL WEIGHT

EQUIPMENT

To complete this workout you will need:

- One barbell
- Collars
- Plates

NOTES

The team captain must enter all the scores. This workout is scored as the total load of each of the three athlete’s individual lifts **FROM THE RACK**. It is not their “reps x load”, but simply the load on the bar for all three athletes added.

For Example:

Athlete 1 – 200x3, Athlete 2 – 175x5, Athlete 3 – 150x7 = 200+175+150 = 525lbs

**There is no time-cap for this workout.

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 an angle so that all required movements are visibly 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.



Presented By:

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– MOVEMENT STANDARDS –



OVERHEAD SQUAT

Each rep starts and ends with the bar fully locked out and in line with the body overhead. At the bottom, the hip crease must clearly reach below the top of the knee. At the top, the barbell must come to full lockout overhead with the hips knees and arms fully extended, and the bar directly over the middle of the body. A full squat snatch **IS ALLOWED**, but not required, to start the movement as long as standard depth is achieved.



FRONT SQUAT

Each rep starts and ends with the bar in the front rack and in line with the body. At the bottom, the hip crease must clearly reach below the top of the knee. At the top, the barbell must remain in the front rack with the hips knees and arms fully extended, and the bar directly over the middle of the body.



BACK SQUAT

Each rep starts and ends with the bar in the back rack and in line with the body. At the bottom, the hip crease must clearly reach below the top of the knee. At the top, the barbell must remain in the back rack with the hips knees, and the bar directly over the middle of the body.