



TEAM OF 3 QUALIFIER - WORKOUT 6

7.12.17 7 PM CDT - 7.17.17 7 PM CDT

ATHLETE #1

ATHLETE #2

ATHLETE #3

| ROUND | SNATCHES | HANDSTAND PUSH-UPS | TOES TO BAR | HANDSTAND PUSH-UPS |
|-------|----------|--------------------|-------------|--------------------|
| 1 | 30 | 45 | 75 | 90 |
| 2 | 120 | 135 | 165 | 180 |
| 3 | 210 | 225 | 255 | 270 |
| 4 | 300 | 315 | 345 | 360 |
| 5 | 390 | 405 | 435 | 450 |
| 6 | 480 | 495 | 525 | 540 |

ATHLETE #1

ATHLETE #2

ATHLETE #3

ALL DIVISIONS

PRO/ASRX

13 MINUTE AMRAP
 30 snatches (75/55lbs)
 15 handstand push-ups
 30 toes to bar
 15 handstand push-ups

MASTER 35+

13 MINUTE AMRAP
 30 snatches (75/55lbs)
 15 handstand push-ups
 30 toes to bar
 15 handstand push-ups

INTERMEDIATE/SCALED

13 MINUTE AMRAP
 30 snatches (75/55lbs)
 15 handstand push-ups
 30 toes to bar
 15 handstand push-ups

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EQUIPMENT

To complete this workout you will need:

- Barbell
- Collars
- Plates
- Tape
- Pull-up bar

NOTES

Stand facing the wall on the same surface your hands will be on (if you are using plates with a mat or abmat you must take the measurement from that height), with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching. From here, mark the height of your wrists, then measure down 3 inches and create a line on the wall. Mark your line with a permanent marker, chalk or tape and make sure it is clearly visible with the video camera. Others may restore the line between rounds if needed. If the head and hands are on different surfaces, the surfaces must be level. Use of an abmat and plates **WILL BE ALLOWED**, however the top of the pad must be flush with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep.

For the snatch, a clean and jerk is **NOT ALLOWED**.

Any part of the shoe may touch the bar for the rep to count. Any grip may be used. If both feet do not make contact with the bar at the **SAME TIME**, it will result in a **NO REP**. If the body does not come to full extension with feet brought back behind the body at the bottom, that will result in a **NO REP**.

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.

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FITNESS



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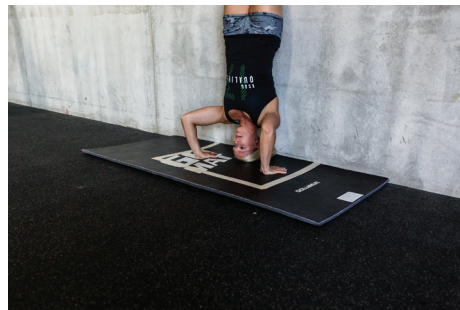
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– MOVEMENT STANDARDS –



SNATCH

In the snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet in line with the hips. A press from overhead will be allowed as long as the bar does not come in contact with the athlete's head or shoulders.



HANDSTAND PUSH-UP

Prior to starting you will need to establish the foot line for your handstand push-up. Each repetition of the handstand push-up **BEGINS & ENDS** with the **HEELS** in contact with the wall and above the pre-marked line. The athlete may place their hands however they choose, as long as their heels are above the line. At the bottom, the athlete's head must make contact with the ground. Kipping **IS ALLOWED**.

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– MOVEMENT STANDARDS –



TOES TO BAR

The athlete must go from a full hang to having the toes touch the pull-up bar. The rep is counted when both feet make contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the body/vertical plane before initiating the next rep. Any part of the shoe may touch the bar for the rep to count. Any grip may be used. If both feet do not make contact with the bar at the **SAME TIME**, it will result in a **NO REP**. If the body does not come to full extension with feet brought back behind the body at the bottom, will result in a **NO REP**.

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