



WEEK 2 – QUALIFIER WORKOUT 4

6.20.18 7PM CDT – 6.25.18 7PM CDT

– ALL DIVISIONS –

ATHLETE NAME

RX

WOMEN

8 MINUTE CAP
3 - 6 - 9 - 12 - 9 - 6 - 3
Hang Squat Clean (95lb)
Bar Facing Burpee

MEN

8 MINUTE CAP
3 - 6 - 9 - 12 - 9 - 6 - 3
Hang Squat Clean (135lb)
Bar Facing Burpee

INTERMEDIATE

WOMEN

8 MINUTE CAP
3 - 6 - 9 - 12 - 9 - 6 - 3
Hang Squat Clean (80lb)
Bar Facing Burpee

MEN

8 MINUTE CAP
3 - 6 - 9 - 12 - 9 - 6 - 3
Hang Squat Clean (115lb)
Bar Facing Burpee

SCALED

WOMEN

8 MINUTE CAP
3 - 6 - 9 - 12 - 9 - 6 - 3
Hang Squat Clean (55lb)
Bar Facing Burpee*

**Can step over*

MEN

8 MINUTE CAP
3 - 6 - 9 - 12 - 9 - 6 - 3
Hang Squat Clean (75lb)
Bar Facing Burpee*

**Can step over*

	3	6	9	12	9	6	3
Hang Squat Clean	3	12	27	48	69	84	93
Bar Facing Burpee	6	18	36	60	78	90	96
					FINAL TIME:		
					MIN		SEC

Presented by:





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EQUIPMENT

To complete this workout you will need:

- Barbell
- Bumper Plates
- Collars

NOTES

Athletes begin standing at their barbell. At the start of the timer, the athlete will complete 3 hang squat cleans (*see division standards for weight requirements across divisions*). After their 3rd rep, the athlete will complete 3 bar facing burpees. After their 3rd rep of bar facing burpees, the athlete will return to their bar to complete 6 hang squat cleans, then 6 bar facing burpees. Each round will go up by 3 reps; after the 12 reps of both hang squat cleans and bar facing burpees, the reps decrease by 3 until you finish 3 hang squat cleans and 3 bar facing burpees.

The score for this workout is for time. Please use an **ascending clock** starting at 0:00 and finishing at 8:00. Do not round up partial seconds. If you do not complete the workout, your score will be completed reps.

VIDEOS SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stop watch, or a WOD clock will need to be visible through the entire workout. Video should be shot so hang squat clean and bar facing burpee movement standards are clear for 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:

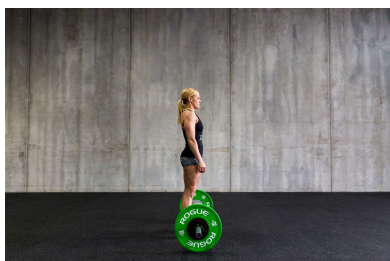
ASSAULT
FITNESS



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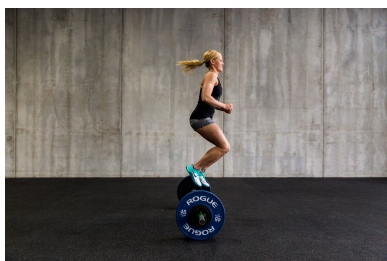
– MOVEMENT STANDARDS –



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 (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 hang power clean, followed by a front squat will NOT be permitted for RX and Intermediate divisions, *but will be permitted for the Scaled division*. Taking the bar directly from the ground into a squat clean in one continuous motion will also result in a NO REP.



Bar Facing Burpees

Each burpee must be performed perpendicular to and facing the barbell. The athlete must jump over the barbell with a two foot takeoff (*step overs are allowed for scaled athletes*). 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. Any repetitions completed with the body parallel to or diagonal to the barbell will not be counted.

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