



## UK - EVENT 4

### FOR TIME (WITH A 14 MINUTE TIME CAP)

<b><u>RX</u></b>	<b><u>INTERMEDIATE</u></b>	<b><u>BEGINNERS</u></b>
All work to be shared between Athletes *No minimum work requirements*	All work to be shared between Athletes *No minimum work requirements*	All work to be shared between Athletes *No minimum work requirements*
30 Power Cleans @40kg 20 Dumbbell Handstand Push-ups (2 x 15kg) 40 Thrusters @40kg 20 Dumbbell Handstand Push-ups (2 x 15kg) 50 Shoulder to Overhead @40kg 20 Dumbbell Handstand Push-ups (2 x 15kg) 40 Thrusters @40kg 20 Dumbbell Handstand Push-ups (2 x 15kg) 30 Power Cleans @40 kg Sprint to finish	30 Power Cleans @30kg 20 Handstand Push-Ups to 1 x Abmat 40 Thrusters @30kg 20 Handstand Push-Ups to 1 x Abmat 50 Shoulder to Overhead @30kg 20 Handstand Push-Ups to 1 x Abmat 40 Thrusters @30kg 20 Handstand Push-Ups to 1 x Abmat 30 Power Cleans @30kg Sprint to finish	30 Power Cleans @20kg 20 Over Head Stationary Plate Lunge @10kg 40 Thrusters @20kg 20 Over Head Stationary Plate Lunge @10kg 50 Shoulder to Overhead @20kg 20 Over Head Stationary Plate Lunge @10kg 40 Thrusters @20kg 20 Over head stationary Plate Lunge @10kg 30 Power Cleans @20kg Sprint to finish

Both athletes start on the start mat. There is no minimum work requirement. For all movements throughout this workout when athletes want to sub out, they must return to the start mat to tag their partner. At the call of 3,2,1....go! one athlete runs out to the bar to commence the power clean reps. To sub out they must run back to the start mat to tag their partner to continue performing the reps. After completion of the power cleans, commence the handstand push ups (overhead lunges for beginners). They will then move on to the thrusters, back to the handstand pushups or lunges, shoulder to overhead, back to the handstand pushups or lunges, thrusters again, then HSP/lunges, and finish with the power cleans. The last working athlete must run back to the start mat where their time will be recorded.



## **MOVEMENT STANDARDS**

### **POWER CLEAN**

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

### **HANDSTAND PUSH UPS**

Kick up to the wall (RX athletes will have their hands on dumbbells to create a slight deficit). The movement starts with arms locked out and heels on the wall. The athlete touches the head to the ground and then push up ending fully locked out with heels back on the wall. Intermediate athletes will use one abmat and no dumbbells.

### **OVERHEAD STATIONARY LUNGES**

Each lunge begins with the plate held overhead, the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the forward leg back bringing the feet back together while still holding the plate overhead with both hands. The rep ends with the athlete standing tall with the hips and knees fully extended and plate overhead. The athlete then continues the same movement with the opposite leg, alternating every rep. This movement is a forward lunge only. Backwards lunges are not permitted.

### **SHOULDER TO OVERHEAD**

The bar is cleaned to the front rack position. A shoulder press, 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 jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor

### **THRUSTERS**

The movement begins with the bar on the ground. The bar is then cleaned up to the shoulders. A full squat clean into the thruster is allowed when the bar is taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. Stand from the squat, push the bar overhead, ending with the arms locked out directly over the middle of the body with elbows, knees and hips fully extended and feet in line with each other. On completion of a rep, the bar is brought back down to the front rack position in preparation for the next rep.