



Qualifier

19.1 Scaled



12 min AMRAP

| Team Member 1 | Team Member 2 |
|-------------------------|------------------------------|
| 10 burpees over the bar | 10 burpees over the bar |
| 8 snatches 30/25kg | 8 snatches 30/25kg |
| 10 burpees over the bar | 10 burpees over the bar |
| 8 snatches 30/25kg | 8 snatches 30/25kg |
| 10 burpees over the bar | 10 burpees over the bar |
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| 10 burpees over the bar | 10 burpees over the bar |
| 8 snatches 30/25kg | 8 snatches 30/25kg |
| 10 burpees over the bar | 10 burpees over the bar |
| 8 snatches 30/25kg | 8 snatches 30/25kg |
| 10 burpees over the bar | 10 burpees over the bar |
| 8 snatches 30/25kg | 8 snatches 30/25kg |
| 10 burpees over the bar | <i>And so on</i> |
| 8 snatches 30/25kg | <i>Till the end of AMRAP</i> |

Workout standards:

The workout begins with a team member standing behind the bar, pre-loaded with the prescribed weight. The first team member starts with 10 burpees over the bar and 8 snatches. As soon as he completes his round the second team member completes the same round, no high five needed. Your score is your total combined number of reps.

For the tie break please note the time after each completed set of the snatches. (Ascending clock)

Teams may use a maximum of one bar for this workout

Movement standards:

Burpees over the bar

Each burpee starts with the chest and thighs touching the ground at the bottom position. Your body is parallel to the bar. You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.

Snatches

The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. A muscle snatch, power snatch, squat snatch or split snatch may be used. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead in any way.

Weights

Men: 30kg

Women: 25kg

Equipment:

- 1 barbell (M: 20kg / F: 15kg)
- Plates to load the bar
- Collars



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Video standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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| Round 1 | A1 | A2 |
|--------------------|----|----|
| 10 Burpees o/t bar | 10 | 28 |
| 8 Snatches 30/25kg | 18 | 36 |
| Tiebreak | : | : |

| Round 2 | A1 | A2 |
|--------------------|----|----|
| 10 Burpees o/t bar | 46 | 64 |
| 8 Snatches 30/25kg | 54 | 72 |
| Tiebreak | : | : |

| Round 3 | A1 | A2 |
|--------------------|----|-----|
| 10 Burpees o/t bar | 82 | 100 |
| 8 Snatches 30/25kg | 90 | 108 |
| Tiebreak | : | : |

| Round 4 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 118 | 136 |
| 8 Snatches 30/25kg | 126 | 144 |
| Tiebreak | : | : |

| Round 5 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 154 | 172 |
| 8 Snatches 30/25kg | 162 | 180 |
| Tiebreak | : | : |

| Round 6 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 190 | 208 |
| 8 Snatches 30/25kg | 198 | 216 |
| Tiebreak | : | : |

| Round 7 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 226 | 244 |
| 8 Snatches 30/25kg | 234 | 252 |
| Tiebreak | : | : |

| Round 8 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 262 | 280 |
| 8 Snatches 30/25kg | 270 | 288 |
| Tiebreak | : | : |

| Round 9 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 298 | 316 |
| 8 Snatches 30/25kg | 306 | 324 |
| Tiebreak | : | : |

| Round 10 | A1 | A2 |
|--------------------|-----|-----|
| 10 Burpees o/t bar | 334 | 352 |
| 8 Snatches 30/25kg | 342 | 360 |
| Tiebreak | : | : |

If athletes finishes the workout they'll keep on repeating the last round till end of the 12 min

| Score | |
|----------|---|
| REPS | |
| Tiebreak | : |

Team name: _____

Name judge: _____

Signature judge: _____

Signature athlete 1: _____

Signature athlete 2: _____