



Qualifier 19.3



12 min AMRAP

Round 1	Round 2
10 Cleans	20 Cleans
5 Toes to bar	10 Toes to bar
10 Thrusters	20 Thrusters
5 Toes to bar	10 Toes to bar
10 Shoulders to overhead	20 Shoulders to overhead
5 Toes to bar	10 Toes to bar

Round 3	Round 4
30 Cleans	40 Cleans
15 Toes to bar	20 Toes to bar
30 Thrusters	40 Thrusters
15 Toes to bar	20 Toes to bar
30 Shoulders to overhead	40 Shoulders to overhead
15 Toes to bar	20 Toes to bar

Round 5	Round 6
50 Cleans	60 Cleans
25 Toes to bar	30 Toes to bar
50 Thrusters	60 Thrusters
25 Toes to bar	30 Toes to bar
50 Shoulders to overhead	60 Shoulders to overhead
25 Toes to bar	30 Toes to bar

Etc.

Weights

Men: 42.5kg
Women: 30kg

Equipment:

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

Workout standards:

The workout begins with a team member standing behind the bar, pre-loaded with the prescribed weight. One team member works while the other rests. Team members can switch at will. No high five needed.

Every round all barbell work will go up with 10 reps, all gymnastic work with 5. This is also the case if you would go beyond round 6.

For the tie break please note the time after each completed round with an ascending clock.

Teams may use a maximum of one bar for this workout and use the same spot on the pull up rig.

Your score is the total amount of reps for the full workout.

Movement standards:

Cleans

The barbell begins on the ground. Touch-and-go is permitted. No bouncing. A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

Toes To Bar

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in 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 bar and behind the body.

Thrusters

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



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Shoulder To Overhead

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. 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. Each round, the barbell must begin on the ground. Using a rack is not permitted.

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	Score
10 Cleans	10
5 Toes to bar	15
10 Thrusters	25
5 Toes to bar	30
10 Shoulders to overhead	40
5 Toes to bar	45

Round 2	Score
20 Cleans	65
10 Toes to bar	75
20 Thrusters	95
10 Toes to bar	105
20 Shoulders to overhead	125
10 Toes to bar	135

Round 3	Score
30 Cleans	165
15 Toes to bar	180
30 Thrusters	210
15 Toes to bar	225
30 Shoulders to overhead	255
15 Toes to bar	270

Round 4	Score
40 Cleans	310
20 Toes to bar	330
40 Thrusters	370
20 Toes to bar	390
40 Shoulders to overhead	430
20 Toes to bar	450

Round 5	Score
50 Cleans	500
25 Toes to bar	525
50 Thrusters	575
25 Toes to bar	600
50 Shoulders to overhead	650
25 Toes to bar	675

Round 6	Score
60 Cleans	735
30 Toes to bar	765
60 Thrusters	825
30 Toes to bar	855
60 Shoulders to overhead	915
30 Toes to bar	945

Weight on the bar, M: 42.5 / w: 30kg

Score	
REPS	

Team name: _____

Name judge: _____

Signature judge: _____

Signature athlete 1: _____

Signature athlete 2: _____