



# Qualifier 19.3 Scaled



## 12 min AMRAP

Round 1	Round 2
10 Cleans	20 Cleans
5 Hanging knee raises	10 Hanging knee raises
10 Thrusters	20 Thrusters
5 Hanging knee raises	10 Hanging knee raises
10 Shoulders to overhead	20 Shoulders to overhead
5 Hanging knee raises	10 Hanging knee raises

Round 3	Round 4
30 Cleans	40 Cleans
15 Hanging knee raises	20 Hanging knee raises
30 Thrusters	40 Thrusters
15 Hanging knee raises	20 Hanging knee raises
30 Shoulders to overhead	40 Shoulders to overhead
15 Hanging knee raises	20 Hanging knee raises

Round 5	Round 6
50 Cleans	60 Cleans
25 Hanging knee raises	30 Hanging knee raises
50 Thrusters	60 Thrusters
25 Hanging knee raises	30 Hanging knee raises
50 Shoulders to overhead	60 Shoulders to overhead
25 Hanging knee raises	30 Hanging knee raises

Etc.

### Weights

Men: 30kg  
Women: 25kg

### 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.

#### Hanging knee raises

The arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. At the top of the repetition, the athlete must raise the knees above the height of the hips.

#### 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 Hanging knee raises	15
10 Thrusters	25
5 Hanging knee raises	30
10 Shoulders to overhead	40
5 Hanging knee raises	45

Round 2	Score
20 Cleans	65
10 Hanging knee raises	75
20 Thrusters	95
10 Hanging knee raises	105
20 Shoulders to overhead	125
10 Hanging knee raises	135

Round 3	Score
30 Cleans	165
15 Hanging knee raises	180
30 Thrusters	210
15 Hanging knee raises	225
30 Shoulders to overhead	255
15 Hanging knee raises	270

Round 4	Score
40 Cleans	310
20 Hanging knee raises	330
40 Thrusters	370
20 Hanging knee raises	390
40 Shoulders to overhead	430
20 Hanging knee raises	450

Round 5	Score
50 Cleans	500
25 Hanging knee raises	525
50 Thrusters	575
25 Hanging knee raises	600
50 Shoulders to overhead	650
25 Hanging knee raises	675

Round 6	Score
60 Cleans	735
30 Hanging knee raises	765
60 Thrusters	825
30 Hanging knee raises	855
60 Shoulders to overhead	915
30 Hanging knee raises	945

Weight on the bar, M: 30 kg / W: 25 kg

Score	
REPS	

Team name: \_\_\_\_\_

Name judge: \_\_\_\_\_

Signature judge: \_\_\_\_\_

Signature athlete 1: \_\_\_\_\_

Signature athlete 2: \_\_\_\_\_