

ATHLETE-NAME: _____ M ☐ F ☐

Generell video rules:

- Athlete must show video, when asked and provide within 48 hours.
- The athlete must be on screen for the whole video and timer must be seen.
- Before starting the workout, the athlete has to give notice about the workout, the used equipment and the athletes name.

Equipment Workout 1

- barbell
- collars
- standard bumper plates

Rules:

- Snatches: Choose your own weight to perform snatches in any style. Muscle, power, split or squat snatches are permitted. Failed attempts may not be repeated. Once the barbell has been lifted off the ground, it will be considered as an attempt. Elbows must be fully locked out overhead and the barbell must in line with shoulder, hips and knees. Only one barbell is allowed and the weight can be not changed during the workout.
- Burpees: Jumping over the bar with both feeds at the same time. Stepping for and backwards is allowed. Chest must touch the ground.

Time cap = 7 minutes | score = weight x reps (snatch)

Workout 1	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
4 burpees over the bar (lateral)						
1 snatch						
	Round 7	Round 8	Round 9	Round 10	Round 11	Round 12
4 burpees over the bar (lateral)						
1 snatch						
	Round 13	Round 14	Round 15	Round 16	Round 17	Round 18
4 burpees over the bar (lateral)						
1 snatch						
TOTAL REPS SNATCHES		WEIGHT		SCORE		

Judge name	Athlete Signature	Date
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