

WORKOUT 3

For time:

Clean and jerk

MM then FF

5-5, clean and jerks, weight 1

4-4, clean and jerks, weight 2

3-3, clean and jerks, weight 3

2-2, clean and jerks, weight 4

1-1, clean and jerk, weight 5

♀ 125, 145, 155, 165, 185 lb

♂ 185, 205, 225, 245, 275 lb

Time cap: 7 minutes (♂)

7 minutes (♀)

NOTES

Prior to starting the workout, set up the competition floor as shown. The team must use two barbells for the men (45 lb/20 kg) and two barbells for the women (35 lb/15 kg). The first bar will be used for loads 1, 2, and 3, while the second bar will be used for loads 4 and 5. All repetitions **MUST** take place in the designated lifting area.

This workout begins with all four athletes standing behind the start line. After "3, 2, 1 ... go," the first male athlete will run across the floor to the barbell and begin 5 clean and jerks. When he has completed his repetitions he will return to the starting position. Once the first male athlete has returned over the start line, the second male athlete will enter for his 5 reps. Once the second male athlete has completed his reps, he will add load to the barbell and return over the line. The athletes will continue working in this fashion until the reps are completed.

After completing the repetitions with the third weight, the first bar must be moved back over the start line. The second barbell must then be moved into the lifting area.

If at any time an athlete chooses to stop lifting, they will get credit for the lifts completed up to that point and then must return over the start line and remain there until the workout ends. The second athlete may continue to advance, remaining in the lifting area and adding load after completing the necessary repetitions.

When both athletes have either completed the workout **OR** decided to stop lifting, the workout is over for the men. **Reset the timer. After no more than 2 minutes, the women must begin working in the same fashion after the call of "3, 2, 1 ... go."**

If all members complete all the reps at every bar, the team's score is the total time taken to complete the workout. The score will be recorded as the sum of the men's and women's times. If the team does not complete all the reps, the team's score is the total number of repetitions completed before each pair's 7-minute time cap (sum of men's and women's completed reps).

Teams may not receive **ANY** outside assistance with loading or moving barbells. The men must load the men's barbell and the women must load the women's barbell. In addition, the second male athlete must load the barbell for the men each time unless he can no longer continue, in which case the only remaining male athlete must load the barbell. The second female athlete must load the barbell for the women each time unless she can no longer advance, in which case the only remaining female athlete must load the barbell.

Note: Teams must submit both the men's and women's portions of the workout as a single video. The women do not need to be present on camera during the men's portion of the workout and vice versa.

TIEBREAK

If one pair finishes their portion of the workout and the other pair does not, the finishing pair's time will be used as a tiebreak time.

In the case of a tie (i.e., teams complete the same number of reps), the team with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

EQUIPMENT

- Tape to mark the floor for the lifting zone
- 2 barbells, 45 lb/20 kg
- 2 barbells, 35 lb/15 kg
- Bumper plates*
- Collars

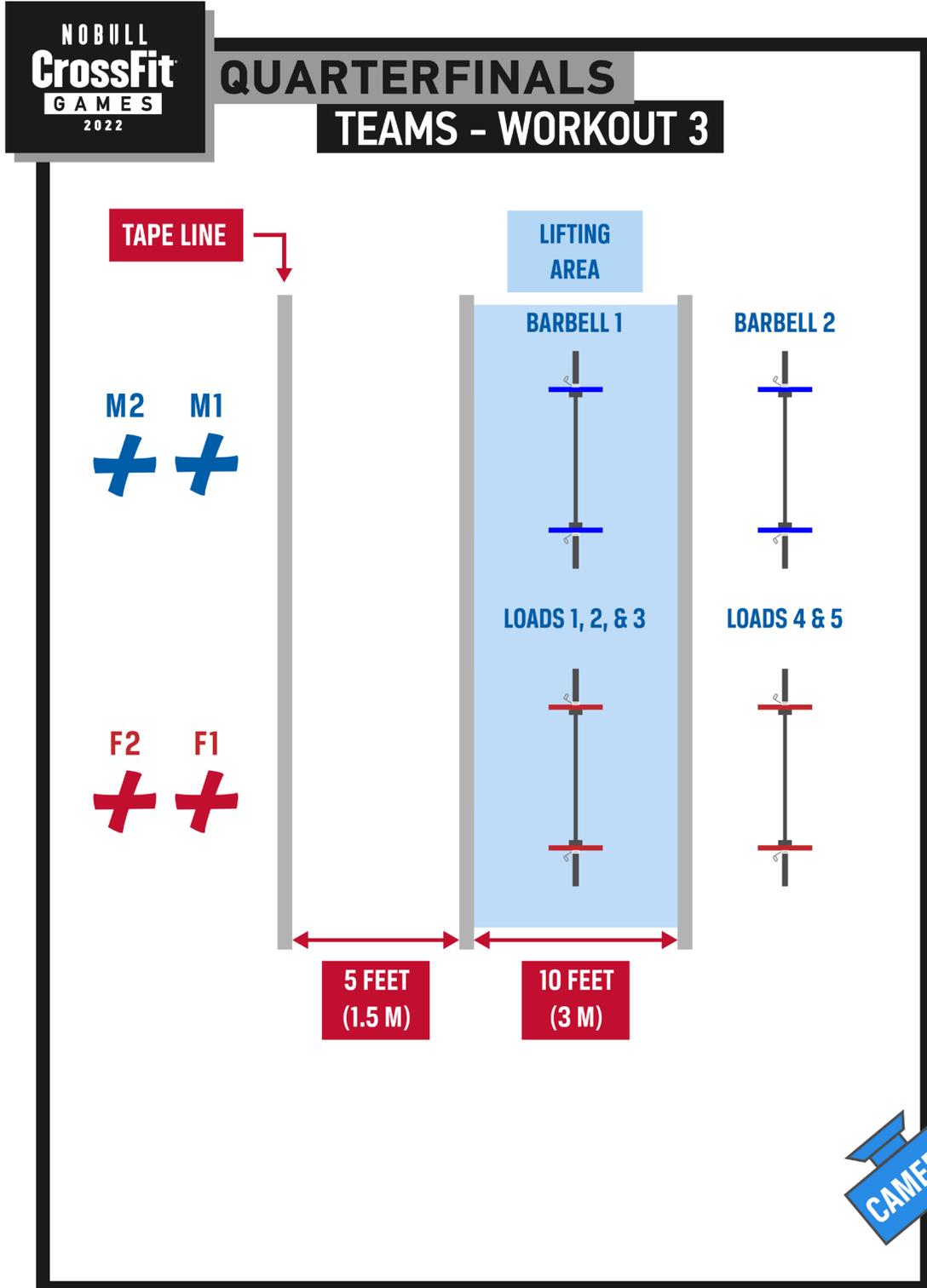
* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 56 kg (125 lb), 65 kg (145 lb), 70 kg (155 lb), 75 kg (165 lb), 83 kg (185 lb), 93 kg (205 lb), 102 kg (225 lb), 111 kg (245 lb), and 125 kg (275 lb).

For each workout, be sure the athletes have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athletes during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athletes.



MOVEMENT STANDARDS

CLEAN AND JERK



- The athlete and barbell must remain in the lifting zone. Stepping on the line is a no rep.
- Each rep starts with the bar on the ground.
- Power, squat, and split cleans are permitted.
- Hang cleans are **NOT** permitted.
- Bouncing the barbell is not allowed.



- The bar must first be lifted to the shoulders, then locked out overhead.
- Snatching the barbell will not count.
- The athlete does **NOT** need to reach full extension of the hips and legs in the receiving position of the clean before beginning their overhead lift.



- Any style of overhead lift is acceptable (press, push press, or jerk).
- The rep is credited when the athlete's hips, knees, and arms are extended and the feet are in line.
- The bar must be over the middle of the athlete's body, or slightly behind, when viewed from profile.
- The athlete may not lower the bar until they reach the finish position.
- If the athlete receives a no rep for any reason at any time in the sequence, the entire clean and jerk must be repeated.

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7 minutes (♀)

5 CLEAN & JERKS, M1, WEIGHT 1	/5
5 CLEAN & JERKS, M2, WEIGHT 1	/5
4 CLEAN & JERKS, M1, WEIGHT 2	/4
4 CLEAN & JERKS, M2, WEIGHT 2	/4
3 CLEAN & JERKS, M1, WEIGHT 3	/3
3 CLEAN & JERKS, M2, WEIGHT 3	/3
2 CLEAN & JERKS, M1, WEIGHT 4	/2
2 CLEAN & JERKS, M2, WEIGHT 4	/2
1 CLEAN & JERK, M1, WEIGHT 5	/1
1 CLEAN & JERK, M2, WEIGHT 5	/1
	/30

TIME

5 CLEAN & JERKS, F1, WEIGHT 1	/5
5 CLEAN & JERKS, F2, WEIGHT 1	/5
4 CLEAN & JERKS, F1, WEIGHT 2	/4
4 CLEAN & JERKS, F2, WEIGHT 2	/4
3 CLEAN & JERKS, F1, WEIGHT 3	/3
3 CLEAN & JERKS, F2, WEIGHT 3	/3
2 CLEAN & JERKS, F1, WEIGHT 4	/2
2 CLEAN & JERKS, F2, WEIGHT 4	/2
1 CLEAN & JERK, F1, WEIGHT 5	/1
1 CLEAN & JERK, F2, WEIGHT 5	/1
	/30

TIME

	TIME	REPS
MEN		
WOMEN		
TOTAL		

Team Name _____
Print

Total Time _____ OR Total Reps _____
(Men's + Women's) (Men's + Women's)

Affiliate _____

Judge _____
Judge Name

Tiebreak Time _____

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

QUARTERFINALS - TEAMS - WORKOUT 3

Total Time _____ OR Total Reps _____
(Men's + Women's) (Men's + Women's)

Team Name _____
Print

Tiebreak Time _____

Affiliate _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date