

WORKOUT 5

Starting every 2 minutes until the reps cannot be completed in the interval:

- 25 thrusters
Rest in the remaining time
- 30 thrusters
Rest in the remaining time
- 35 thrusters
Rest in the remaining time

Etc., adding 5 repetitions to the thrusters after each 2-minute interval. Immediately following the end of the final 2-minute interval, begin Workout 6.

- ♀ 45 lb
- ♂ 65 lb

WORKOUT 6

1-rep-max clean and jerk

Time begins immediately following the final 2-minute interval of Workout 5. Workouts 5 and 6 must be completed sequentially in a single effort.

Time cap: 5 minutes

WORKOUT 5 TO WORKOUT 6 TIMING (EXAMPLES ONLY)

Workout 5 ends	add 5 minutes	Workout 6 ends
failed in 6:00-8:00 interval	5:00	13:00
failed in 10:00-12:00 interval	5:00	17:00
failed in 14:00-16:00 interval	5:00	21:00

NOTES

Prior to starting the workouts, set up the floor plan as shown. You must face the camera during Workout 6.

Begin Workout 5 standing tall with your shins touching the barbell. After the call of "3, 2, 1 ... go," complete 25 repetitions of thrusters. Rest in the time remaining and return to the starting position. When the clock reaches 2:00 exactly, complete 30 repetitions and then rest in the time remaining. When the clock reaches 4:00 exactly, complete 35 repetitions and continue adding 5 repetitions every 2-minute interval until the required repetitions cannot be completed within the 2-minute interval.

Your score for Workout 5 will be the total number of repetitions completed.

Workout 6 begins immediately at the end of the final 2-minute interval. You will have 5 minutes to complete as many attempts as needed to establish a 1-rep-max clean and jerk. All attempts must be completed **BEFORE** the 5-minute time cap. Any attempt where you are still in motion after the 5-minute time cap will not count.

You may use only a single barbell. You may receive assistance loading your barbell.

Your score for Workout 6 will be the weight (in pounds) of the heaviest successfully completed clean and jerk. Carefully review the equipment section for specific instructions regarding score calculation. All athletes **MUST** follow these instructions.

Workouts 5 and 6 must be completed sequentially in a single effort.

You may have a spotter or guide assist your movement through the workout. Assistants may not pick up equipment but may guide you to your equipment.

After both workouts are complete, walk to the camera and state the password BEFORE moving or turning off the camera.

TIEBREAK: WORKOUT 6

In the event that two athletes tie during the clean and jerk, the athlete who completed more repetitions in Workout 5 will be ranked higher.

EQUIPMENT

- Barbell
 - Note: For Workout 6, a 15-kg bar **MUST** be totaled as 33 lb. A 20-kg bar **MUST** be totaled as 44 lb.
- Bumper plates*
- Collars

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

The official weight of the thruster is in pounds. For your convenience, the minimum acceptable weights in kilograms are 20 kg (45 lb) and 29 kg (65 lb).

*The official weight of the clean and jerk must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound:

$$200.1 \text{ to } 200.4 \text{ lb} = 200 \text{ lb}$$

$$200.5 \text{ to } 200.9 \text{ lb} = 201 \text{ lb}$$

Any weight increases using change plates must result in a whole number (no decimal points). Collars cannot be included in the total weight.

For each workout, be sure you 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.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece **BEFORE** the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound (.5 and up = round up, .4 and below = round down).

Calculating total load:

Example 1:

$$\begin{array}{r} \text{Barbell is } 20 \text{ kg} \rightarrow 44 \text{ lb} \\ \text{Two } 45\text{-lb plates} \rightarrow 90 \text{ lb} \\ \hline \text{TOTAL} \rightarrow 134 \text{ lb} \end{array}$$

Enter 134 lb on scorecard.

Example 2:

$$\begin{array}{r} \text{Barbell is } 20 \text{ kg} \rightarrow 44 \text{ lb} \\ \text{Two } 1.5\text{-kg plates} \rightarrow 6.6 \text{ lb} \\ \text{Two } 10\text{-kg plates} \rightarrow 44 \text{ lb} \\ \hline \text{TOTAL} \rightarrow 94.6 \text{ lb} \end{array}$$

94.6 lb rounds up to 95 lb
 Enter 95 lb on scorecard.

This table will be used in all instances when determining scores for this workout.

KILOGRAMS (KG)	POUNDS (LB)
0.5	1.0
1.0	2.2
1.5	3.3
2.0	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55



ONLINE SEMIFINALS ADAPTIVE - VISION

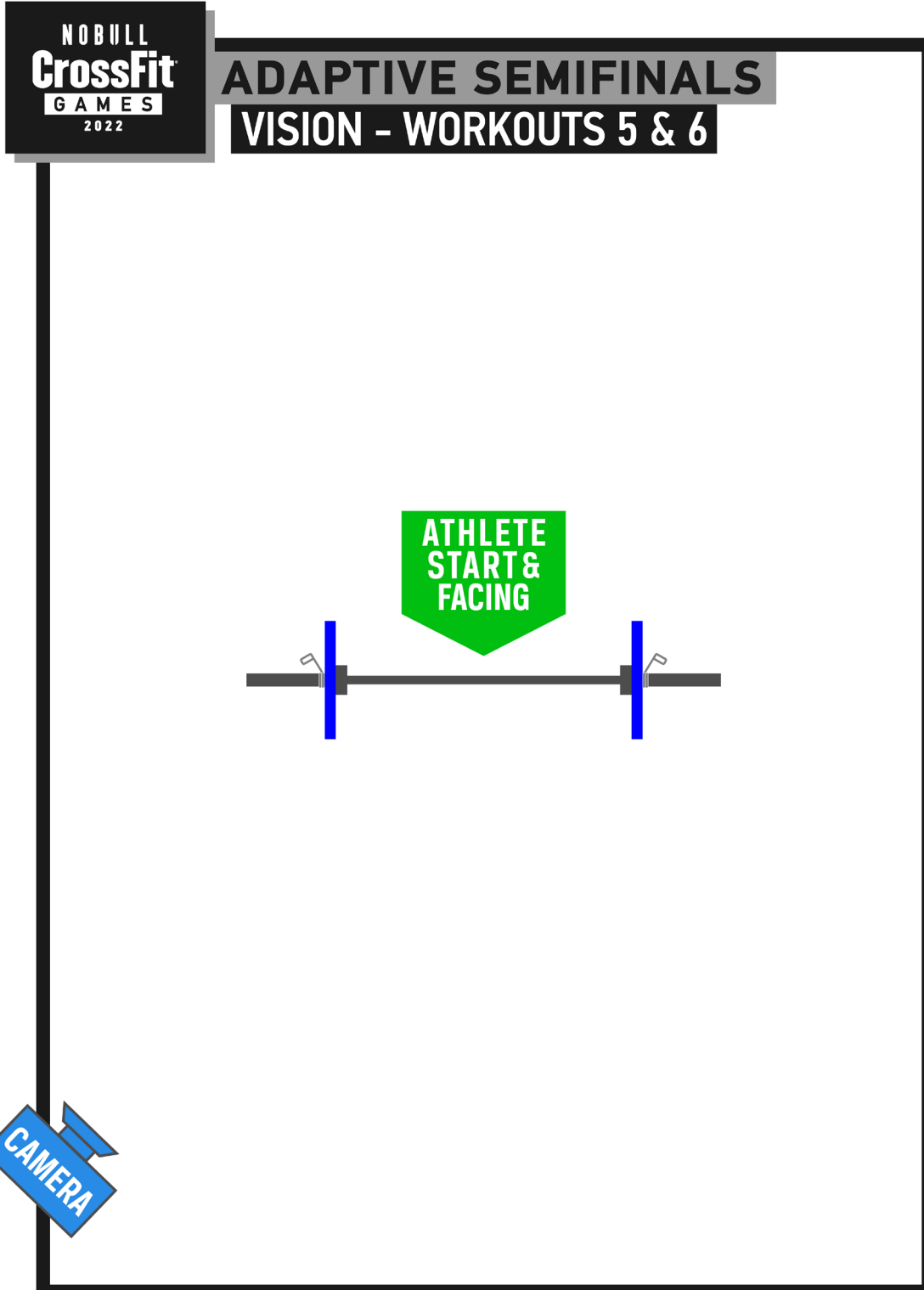
12 P.M. (NOON) PT SATURDAY, JUNE 4, THROUGH 12 P.M. (NOON) PT SUNDAY, JUNE 5

Presented by



VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (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 athlete.
- After the workout is complete, **STATE THE PASSWORD** before moving or turning off the camera.
- Workout 5 and Workout 6 must be recorded as a single unedited video.



MOVEMENT STANDARDS

THRUSTER

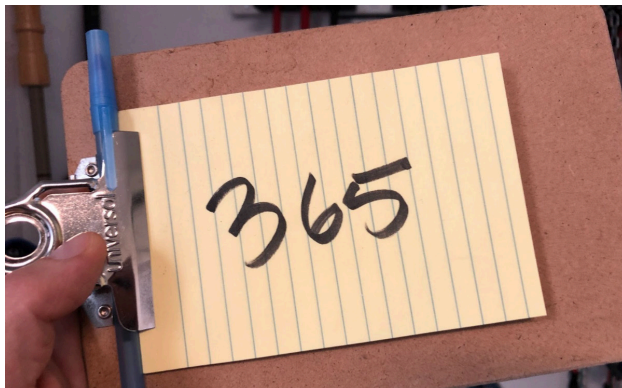


- Each set of thrusters begins with the barbell on the ground.
- The crease of your hip must clearly pass below the top of your knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- The rep is credited when:
 - your hips, knees, and arms are fully extended; and
 - the bar is directly over or slightly behind the middle of your body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before you pick it up for the next repetition.
- You may receive assistance moving or resetting the barbell.

CLEAN AND JERK



- You **MUST** declare the load you are attempting by writing the weight down on paper or a small whiteboard and clearly displaying it to the camera before you start to lift. An assistant may perform this task.



- You and the barbell must face the camera.
- Collars must be placed outside the plates during all attempts.
- Start each rep with the bar on the ground.
- Power, squat, and split cleans are permitted.
- Hang cleans are **NOT** permitted.

MOVEMENT STANDARDS
CLEAN AND JERK (CONTINUED)



- You must first lift the bar to your shoulders and then lock it out overhead.
- Snatching the barbell will not count.
- You do **NOT** need to reach full extension with your hips and legs in the receiving position of the clean before beginning your overhead lift.

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



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WORKOUT 5

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Rest in the remaining time
- 30 thrusters
Rest in the remaining time
- 35 thrusters
Rest in the remaining time

Etc., adding 5 repetitions to the thrusters after each 2-minute interval. Immediately following the end of the final 2-minute interval, begin Workout 6.

♀ 45 lb
♂ 65 lb

2-MINUTE INTERVALS	THRUSTERS	
0:00-2:00	25	25
2:00-4:00	30	55
4:00-6:00	35	90
6:00-8:00	40	130
8:00-10:00	45	175
10:00-12:00	50	225
12:00-14:00	55	280
14:00-16:00	60	340
16:00-18:00	65	405
18:00-20:00	70	475

IMMEDIATELY START WORKOUT 6

Athlete Name _____
Print

Total Reps _____

Workout Location _____ Judge _____
Judge Name

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

Athlete Copy

SEMIFINALS - VISION- WORKOUT 5

Athlete Name _____
Print

Total Reps _____

Workout Location _____ Judge _____
Judge Name

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

WORKOUT 6

1-rep-max clean and jerk

Time begins immediately following the final 2-minute interval of Workout 5. Workouts 5 and 6 must be completed sequentially in a single effort.

Time cap: 5 minutes

WORKOUT 5 TO WORKOUT 6 TIMING (EXAMPLES ONLY)

Workout 5 Failed During:	Workout 6 Ends:
0:00-2:00 min.	7:00 min.
2:00-4:00 min.	9:00 min.
4:00-6:00 min.	11:00 min.
6:00-8:00 min.	13:00 min.
8:00-10:00 min.	15:00 min.
10:00-12:00 min.	17:00 min.
12:00-14:00 min.	19:00 min.
14:00-16:00 min.	21:00 min.
16:00-18:00 min.	23:00 min.
18:00-20:00 min.	25:00 min.

	LOAD (WEIGHT IN POUNDS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	

Heaviest Load (in Pounds) _____

Athlete Name _____
Print

Workout 5 Reps (for Tiebreak) _____

Workout Location _____

Judge _____
Judge Name

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

Athlete Copy

SEMIFINALS - VISION - WORKOUT 6

Heaviest Load (in Pounds) _____

Athlete Name _____
Print

Workout 5 Reps (for Tiebreak) _____

Workout Location _____

Judge _____
Judge Name

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