

# WORKOUT ONE

PRESENTED BY  ROMWOD

## 9 MINUTE AMRAP

**+3 HANG POWER SNATCHES (75/55LB)**

**+3 OVERHEAD SQUATS (75/55LB)**

**30 DOUBLE UNDERS**

Add 3 repetitions to each of the barbell movements  
(3/3/30, 6/6/30, 9/9/30, 12/12/30... etc..) at the conclusion of each round.

### TIME CAP /

9 MIN

### SCORE /

TOTAL REPS

### ALTERNATE OPTION / ANYONE COMPLETING ALTERNATE VERSION IS NOT ELIGIBLE FOR ANY QUALIFYING DIVISIONS

**+3 HANG POWER SNATCHES (45/33LB)**

**+3 OVERHEAD SQUATS (45/33LB)**

**30 SINGLES**

Add 3 repetitions to each of the barbell movements  
(3/3/30, 6/6/30, 9/9/30, 12/12/30... etc..) at the conclusion of each round.

### EQUIPMENT /

Barbell, Plates, Clips, Jump Rope

If performing in kilograms: **75lb = 34kg, 55lb = 25kg, 45lb = 20kg, 33lb = 13kg**



# WEEK ONE / WORKOUT ONE



## SCORECARD

### FLOW /

Prior to the start of the clock, the athlete will have their pre-loaded barbell and jump rope placed on the floor.

At the start of the 9:00 clock, the athlete will begin by completing 3 hang power snatches. Once complete, the athlete will complete their 3 overhead squats. Once they finish their final overhead squat, they will begin with the 30 jump rope repetitions.

That concludes the first round. They'll then head back to the barbell to begin round two, featuring 6 hang power snatches, and 6 overhead squats, before heading back to the jump rope for 30 repetitions.

Please note, that once the athlete completes their final hang power snatch, they may proceed to the overhead squats.

Each round, athletes will add an extra 3 repetitions to both the hang power snatch and overhead squat while keeping the same 30 jump rope repetitions.

The athlete shall continue in this fashion until 9 minutes expires.

### MOVEMENT STANDARDS /

#### HANG POWER SNATCH /

Bar must be deadlifted first before engaging in any pulling movement, and must clearly stop at the hip.

The bar must be received in the overhead position in one motion from the hang position and may not be lowered below the knees.

Full extension of the hips and knees must be achieved with the bar in overhead position for the rep to count. Reps can be unbroken or partitioned as needed. All men performing the prescribed version can only use a standard 45lb/20kg bar.

#### OVERHEAD SQUAT /

The hip crease must be below the top of the knee in the bottom position. A squat snatch is permitted, but not required, to start the first repetition as long as standard depth is achieved.

Once the crease of the hip has gone below parallel, the athlete can stand to full extension with the barbell in an overhead position.

All men performing the prescribed version can only use a standard 45lb/20kg bar.

#### DOUBLE UNDERS /

The double-under requires the athlete complete two rotations of the rope beneath the athlete's feet for every singular jump. If the rope does not pass beneath the athletes feet twice, such as tripping on the rope during the second rotation, that rep shall not count.

### MOVEMENT STANDARDS (CONT.) /

#### SINGLE UNDERS /

The single-under requires the athlete complete one rotation of the rope beneath the athletes feet for every jump.

If the rope does not pass beneath the athletes feet, such as tripping on the rope, that rep shall not count.

### SCORING /

This workout is scored as the total repetitions performed within the allotted time.

### VIDEO SUBMISSION /

Prior to starting, the athlete must state their name and clearly film the barbell and weights to be used so the weight can be identified. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises 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.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



# WEEK ONE / WORKOUT ONE



## SCORECARD

**PRESCRIBED WORKOUT / SCORE SUBMISSION DUE: AUGUST 26TH, AT 8PM ET**

### 9 MINUTE AMRAP

3 <small>3</small>	3 <small>6</small>	30 <small>36</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

18 <small>258</small>	18 <small>276</small>	30 <small>306</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

6 <small>42</small>	6 <small>48</small>	30 <small>78</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

21 <small>327</small>	21 <small>348</small>	30 <small>378</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

9 <small>87</small>	9 <small>96</small>	30 <small>126</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

24 <small>402</small>	24 <small>426</small>	30 <small>456</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

12 <small>138</small>	12 <small>150</small>	30 <small>180</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

27 <small>483</small>	27 <small>510</small>	30 <small>540</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

15 <small>195</small>	15 <small>210</small>	30 <small>240</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

30 <small>570</small>	30 <small>600</small>	30 <small>630</small>	CHECK <input type="checkbox"/>
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HANG POWER SNATCHES

OVERHEAD SQUATS

DOUBLE UNDERS

**TOTAL REPS**

**ATHLETE NAME** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**JUDGE NAME** \_\_\_\_\_



# WEEK ONE / WORKOUT ONE



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OVERHEAD SQUATS

SINGLE UNDERS

**TOTAL REPS**

**ATHLETE NAME** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**JUDGE NAME** \_\_\_\_\_