

WORKOUT TWO

SEVEN MINUTES
IN HEAVEN

PRESENTED BY



7 MINUTES FOR CUMULATIVE LOAD
OF THE 5 CLEAN & JERKS:

- 1 CLEAN & JERK
- 50FT HANDSTAND WALK
- 1 CLEAN & JERK
- 50FT HANDSTAND WALK
- 1 CLEAN & JERK
- 50FT HANDSTAND WALK
- 1 CLEAN & JERK
- 50FT HANDSTAND WALK
- 1 CLEAN & JERK

TIME CAP /

7 MIN

SCORE /

TOTAL LOAD COMPLETED

REQUIRED EQUIPMENT /

- Barbell
- Plates - minimum ½ lb (weight changes must be a minimum of 1 lb increments)
- 25ft taped section:
 - Elite/Rx , Masters 35-44 - 5 ft sections clearly marked
- 15 ft taped section:
 - Masters 45-54, Teen 16-18 - 5 ft sections clearly marked
- Tape marks for wall climb (instructions listed in movement standards)
- Clips or collars

**ELITE/RX, 35-39,
40-44**

AS PRESCRIBED

**45-49, 50-54,
16-18**

30FT HS WALK

**INTER, 55-59, 60-64
13-15**

3 WALL CLIMBS

65+

1 WALL CLIMB

**MODIFIED:
SCALED, BEGINNER**

1 SCALED WALL CLIMB

SCORING /

Score is the total cumulative load of successful clean and jerks hit within the 7 min window.

If an athlete doesn't make 5 clean & jerks within 7 minutes, their score will be the total load of the successful clean & jerks that were made.

An athlete may choose to perform the "Modified" version of the workout, in which case when submitting their score in Competition Corner they will indicate as such. Please note, any athlete choosing to perform the modified variation will rank lower than any athlete that elects to perform the workout as prescribed.

WORKOUT FLOW /

Prior to starting the workout, the athlete will need to mark tape lines on the floor for the handstand walks or wall climb.

This workout begins with the athlete standing tall by their preloaded barbell. At the start of the clock the athlete may begin the 1st clean & jerk attempt. Once the attempt is successful, he or she must advance to the taped section and perform the prescribed handstand walk distance or wall climbs.

At the completion of the first handstand walk/wall climb, the athlete then returns to the barbell to begin the second clean & jerk attempt. Once the attempt is successful, he or she must then advance to complete another of their prescribed handstand walk distance or wall climbs.

The athlete continues for 5 individual attempts total, completing the prescribed handstand walk / wall climbs between every successful lift. There is no handstand walk / wall climb required after the 5th successful lift.

WORKOUT FLOW (CONT.) /

Handstand walks do not need to be completed unbroken, however if the athlete comes down, they must reset to the last completed 5 ft section with hands behind the line to start. Athletes are not required to come down at the 25 ft / 15 ft turnaround, however both hands must clearly cross the line before initiating the return.

Only one barbell may be used. Racks are not allowed. Athletes may preload the bar for their first attempt prior to the start of the workout. Athletes may add or remove weight at any time. An additional person to assist in changing weight between attempts is allowed. If an athlete misses any portion of the clean & jerk, the full lift must be reattempted until the lift is made. An attempt is defined by the barbell leaving the ground. If an attempt is initiated before the 7 min mark, the athlete may complete the lift, however may not reattempt if the lift is missed.

Upon the completion of the 5th and final clean & jerk, the workout is complete.

MOVEMENT STANDARDS /

Clean & Jerk

The barbell will begin on the ground. 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. The jerk begins with the barbell on the shoulders and finishes with the weight fully locked out overhead with the hips, knees, and arms fully extended, feet in line under the hips, and barbell over or slightly behind the middle of the body. A split jerk may be used as long as the feet return in line under the hips.

Handstand Walk

The athlete must start with the hands (entire hand, including palm and fingers) behind the line denoting the start of the segment being attempted. When kicking up, stepping across the line or landing with the hands on or over the line constitutes a no rep. If the athlete comes down at any time, the athlete must restart from the last section completed. Both hands, including palms and fingers, must clearly cross the line marking the 5-foot section to earn credit for that distance.

Wall Climb Taping Instructions

With the athlete lying down, chest and thighs touching the ground, legs fully extended, and feet together and touching the wall, mark a tape line at the top of the athlete's shoulder. The edge of the tape that is closest to the wall must be in line with the shoulder. This first line will be the start and finish line for each repetition. Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.

MOVEMENT STANDARDS (CONT.) /

Wall Climb

Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK). Both feet must be touching the ground at the beginning and end of each rep. Both hands must remain on the tape until both feet are on the wall and no longer touching the ground. At the top of the movement, both hands must be touching the 10-inch tape mark before the athlete can descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are touching the first line. The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line. Both feet must be touching the ground before starting the next rep.

Scaled Wall Climb Taping Instructions

With the athlete lying down, chest and thighs touching the ground, legs fully extended, and feet together and touching the wall, mark a single tape line at the top of the athlete's shoulder. The edge of the tape that is CLOSEST to the wall must be in line with the shoulder.

Scaled Wall Climb

Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the tape line. No part of the hand may be touching the line. Both feet must be touching the ground at the beginning and end of each rep. Both hands must remain in front of the tape until both feet are on the wall and no longer touching the ground. The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line. The fingers may NOT be touching the tape line. On the descent, the feet must remain on the wall until both hands are in front of the tape line. No part of the hand may be touching the line. The rep is credited when the athlete returns to the starting position, with their hands in front of the tape line and their chest, thighs, and feet touching the ground. Both feet must be touching the ground before starting the next rep.

FILMING RECOMMENDATIONS /

- Film all plates being used and the barbell so the loads can be verified clearly
- Use a tape measure to film lengths and sections of the handstand walk / wall climb so all measurements can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge or a clock/timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)



WORKOUT TWO / SCORECARD



ALL DIVISIONS

CLEAN & JERK
(WEIGHTS IN LBS)

50FT
HANDSTAND WALK/
WALL CLIMBS

RND 1	LBS	
RND 2	LBS	
RND 3	LBS	
RND 4	LBS	
RND 5	LBS	

TOTAL SUCCESSFUL CLEAN
& JERK LOAD

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____