

WORKOUT TWO

SEVEN MINUTES
IN HEAVEN

PRESENTED BY



UPPER IMPAIRMENT, LOWER IMPAIRMENT

7MIN TO HIT FOR CUMULATIVE LOAD OF:

5 CLEANS & JERKS

*BEFORE EVERY SUCCESSFUL LIFT, COMPLETE 30FT FRONT RACK CARRY (75,55LBS) (15FT DOWN, 15FT BACK) - 150FT TOTAL

NEUROMUSCULAR

7MIN TO HIT FOR CUMULATIVE LOAD OF:

5 CLEANS & JERKS

*BEFORE EVERY SUCCESSFUL LIFT, COMPLETE 30FT FRONT RACK CARRY (55,35LBS) (15FT DOWN, 15FT BACK) - 150FT TOTAL

**ALL ATHLETES MUST CARRY ON THE SAME SIDE THEY STARTED CARRYING ON, MUST COMPLETE FULL 15FT UNBROKEN

ATHLETES MAY ADD OR REMOVE WEIGHT, BUT SCORE WILL BE THE TOTAL CUMULATIVE LOAD OF CLEAN AND JERKS HIT WITHIN THE 7 MIN WINDOW.

IF AN ATHLETE DOESN'T HIT 5 CLEAN & JERKS, THEIR SCORE WILL BE THE TOTAL LOAD OF THE SUCCESSFUL CLEAN & JERKS HIT.

ATHLETES MAY HAVE SOMEONE CHANGE THE WEIGHT BETWEEN ATTEMPTS. IF AN ATHLETE MISSES A CLEAN & JERK, THEY MAY REATTEMPT.

UPON THE COMPLETION OF THE 5TH AND FINAL CLEAN & JERK, THE WORKOUT IS COMPLETE.

SEATED

7MIN TO HIT FOR CUMULATIVE LOAD OF:

5 CLEANS & JERKS

*BEFORE EVERY SUCCESSFUL LIFT, COMPLETE 30FT WHEELIE (15FT DOWN, 15FT BACK) - 150FT TOTAL

**MUST COMPLETE FULL 15FT WITHOUT COMING DOWN, IF FRONT WHEELS TOUCH IN 15FT SECTION MUST GO BACK AND START AGAIN

ATHLETES MAY ADD OR REMOVE WEIGHT, BUT SCORE WILL BE THE TOTAL CUMULATIVE LOAD OF CLEAN AND JERKS HIT WITHIN THE 7 MIN WINDOW.

IF AN ATHLETE DOESN'T HIT 5 CLEAN & JERKS, THEIR SCORE WILL BE THE TOTAL LOAD OF THE SUCCESSFUL CLEAN & JERKS HIT.

ATHLETES MAY HAVE SOMEONE CHANGE THE WEIGHT BETWEEN ATTEMPTS. IF AN ATHLETE MISSES A CLEAN & JERK, THEY MAY REATTEMPT.

UPON THE COMPLETION OF THE 5TH AND FINAL CLEAN & JERK, THE WORKOUT IS COMPLETE.

UPPER RX

FRONT RACK CARRY

LOWER RX

FRONT RACK CARRY

NEUROMUSCULAR RX

FRONT RACK CARRY

SEATED RX

WHEELIE 15FT SECTION UNBROKEN

UPPER SCALED

FRONT RACK CARRY

LOWER SCALED

FRONT RACK CARRY

NEUROMUSCULAR SCALED

FRONT RACK CARRY

SEATED SCALED

WHEELIE 15FT SECTION SEGMENTED BY 5FT SECTIONS

REQUIRED EQUIPMENT /

- Barbell, Plates - minimum ½ lb (weight changes must be a minimum of 1 lb increments)
- 15ft taped section:
 - 5 ft sections clearly marked
 - 15 ft section seated Rx clearly marked
- Clips or collars



WORKOUT TWO / SCORECARD



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.

WORKOUT FLOW /

This workout begins with the athlete standing or sitting tall by the barbell. At the start of the clock the athlete may begin the 1st clean & jerk/press attempt. Once the attempt is successful, he or she must advance to the taped section and perform the prescribed Front Rack Carry /Wheelie distance.

At the completion of the first Front Rack Carry /Wheelie, 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 Front Rack Carry /Wheelie distance.

The athlete continues for 5 individual attempts total, completing the prescribed Front Rack Carry /Wheelie between every successful lift. There is no Front Rack Carry /Wheelie required after the 5th successful lift.

Front Rack Carry and Scaled Wheelie does not need to be completed unbroken, however if the athlete comes down, they must reset to the last completed 5 ft section with feet/wheels behind the line to start.

Rx Seated Athletes must Stay up the entire 15ft without coming down, if they touch the front wheels inside the 15ft mark they must go back and start again.

Athletes are not required to come down or drop a barbell at the 15 ft turnaround, however both feet/wheels must clearly cross the line before initiating the return.

Two barbells may be used for the lift and Front Rack Carry. 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 (CONT.) /

STANDING 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.

Barbell Front Rack Carry

The athlete must start with the feet (entire foot) behind the line denoting the start of the segment being attempted. If the athlete comes down out of the Frontrack at any time, the athlete must restart from the last section completed. Both Feet must clearly cross the line marking the 5-foot section to earn credit for that distance.

SEATED MOVEMENT STANDARDS

Clean & Press

The barbell will begin on the ground. A muscle clean, power clean, Deadlift to hang Clean may be used, as long as the barbell comes up to the shoulders, with the Shoulders over the hips fully extended with the elbows in front of the bar. The Press begins with the barbell on the shoulders and finishes with the weight fully locked out overhead with the shoulders over hips, and arms fully extended, and barbell over or slightly behind the middle of the body. The bar will return to the ground every rep.

Wheelie

The athlete must start with the front castors (wheels) behind the line denoting the start of the segment being attempted. If the athlete comes down out of the wheelie at any time, the athlete must restart from the last 15 foot section completed. Both Back wheels must clearly cross the line marking the 15-foot section to earn credit for that distance.

Scaled athletes may break these up into 5 foot sections.

FILMING RECOMMENDATIONS /

- Film all plates being used and the barbell so the loads can be verified clearly
- Use a tape measure to film the length of the Front Rack/ Wheelie sections so all measurements can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or 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](#)

STANDING UPPER, LOWER & NEURO

	CLEAN & JERK (WEIGHTS IN LBS)	FRONT RACK CARRY
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 _____

SEATED

**CLEAN & PRESS
(WEIGHTS IN LBS)**

WHEELIES

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

**TOTAL SUCCESSFUL CLEAN
& PRESS LOAD**

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____