

WORKOUT ONE

PRESENTED BY 

UPPER IMPAIRMENT

9 MIN AMRAP

+3 DB HANG POWER SNATCHES
+3 DB OVERHEAD SQUATS
30 DOUBLE UNDERS

RD 1 - 3/3/30
RD 2 - 6/6/30
RD 3 - 9/9/30
RD 4 - 12/12/30
RD 5 - 15/15/30

LOWER IMPAIRMENT

9 MIN AMRAP

+3 HANG POWER CLEANS
+3 FRONT SQUATS
30 SINGLE UNDERS

RD 1 - 3/3/30
RD 2 - 6/6/30
RD 3 - 9/9/30
RD 4 - 12/12/30
RD 5 - 15/15/30

**ABOVE KNEE IMPAIRED ATHLETES MAY SQUAT TO A BOX* WEIGHTS VARY FOR AK, BK SEE BELOW FOR WEIGHT VARIATIONS*

NEUROMUSCULAR

9 MIN AMRAP

+3 HANG POWER CLEANS
+3 FRONT BOX SQUATS
30 SINGLE UNDERS

RD 1 - 3/3/30
RD 2 - 6/6/30
RD 3 - 9/9/30
RD 4 - 12/12/30
RD 5 - 15/15/30

WEIGHTS VARY FOR MAJOR, MINOR SEE BELOW FOR WEIGHT VARIATIONS

SHORT STATURE

9 MIN AMRAP

+3 HANG POWER CLEANS
+3 FRONT SQUATS
30 DOUBLE UNDERS

RD 1 - 3/3/30
RD 2 - 6/6/30
RD 3 - 9/9/30
RD 4 - 12/12/30
RD 5 - 15/15/30

SENSORY

9 MIN AMRAP

+3 HANG POWER SNATCHES
+3 OVERHEAD SQUATS
30 DOUBLE UNDERS

RD 1 - 3/3/30
RD 2 - 6/6/30
RD 3 - 9/9/30
RD 4 - 12/12/30
RD 5 - 15/15/30

**ABOVE KNEE IMPAIRED ATHLETES MAY SQUAT TO A BOX* WEIGHTS VARY FOR AK, BK SEE BELOW FOR WEIGHT VARIATIONS*

SCALED VARIATION FOR ALL STANDING ADAPTIVE

9 MIN AMRAP

+3 HANG POWER CLEANS
+3 FRONT SQUATS
30 SINGLE UNDERS

RD 1 - 3/3/30
RD 2 - 6/6/30
RD 3 - 9/9/30
RD 4 - 12/12/30
RD 5 - 15/15/30

WEIGHTS VARY FOR MAJOR, MINOR SEE BELOW FOR WEIGHT VARIATIONS

UPPER IMPAIRMENT ABOVE & BELOW ELBOW

50, 35 LB DUMBBELL

LOWER IMPAIRMENT ABOVE KNEE

75, 55 LB

LOWER IMPAIRMENT BELOW KNEE

95, 65 LB

NEUROMUSCULAR MAJOR

65, 45 LB

NEUROMUSCULAR MINOR

75, 55 LB

SHORT STATURE

65, 45 LB

SENSORY

75, 55 LB

SCALED STANDING

45, 35 LB

REQUIRED EQUIPMENT /

Barbell, (upper Impairment Dumbbell), Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division*, Jumping rope, Box set to parallel squat height for specific divisions

FLOW /

This event is for as many reps as possible in 9 minutes.

This event begins with the athlete standing tall at their barbell or Dumbbell depending on the Impairment classification. At the call of 3,2,1 GO athletes will pick up their equipment to begin 3 hang power snatches or Hang power cleans.

At the completion of the first movement, athletes will perform 3 overhead squats or Front Squats according to your classification.

FLOW (CONT.) /

At the completion of the squats, athletes will perform 30 double unders or Single unders according to your classification..

At the completion of the double unders, athletes will begin round 2, performing 6 hang power, 6 squats and 30 double/ Single unders.

Round 3 will consist of 9 hang power, 9 squats and 30 double/Single unders.

Athletes will continue in this fashion, adding 3 reps to both barbell movements, for 9 minutes.

At the completion of 9 minutes, the workout will end and the total number reps completed over 9 minutes will be the athletes score.

SCORING /

The score is the athlete's total rounds and reps completed in 9 minutes.

MOVEMENT STANDARDS /

HANG POWER SNATCH

Each repetition must start from the hang. Any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, arms straight, shoulders behind the bar/Dumbbell) before re-dipping to initiate the hang snatch. The barbell/Dumbbell must remain above the knee and below the hip with arms straight at the initiation of each rep. The rep is counted with the bar coming to full lockout overhead with the hips, knees and arms fully extended, and the bar/Dumbbell directly over the middle of the body. Power snatching the barbell/Dumbbell from the ground in one continuous motion is not permitted.

HANG POWER CLEAN

Each repetition must start from the hang. Any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, arms straight, shoulders behind the bar) before re-dipping to initiate the hang Clean. The barbell must remain above the knee and below the hip with arms straight at the initiation of each rep. The rep is counted with the bar coming to front rack position with the hips, knees and elbows in front of the bar, and the bar directly over the shoulders of the body. Power cleaning the barbell from the ground in one continuous motion is not permitted

MOVEMENT STANDARDS (CONT.) /***OVERHEAD SQUATS***

Each rep begins with the athlete standing tall with the barbell/Dumbbell overhead in a fully locked out position. At the bottom, the hip crease must clearly pass below the top of the knee. The rep is counted when the barbell returns to a fully locked out position overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. Athletes may get the barbell overhead any way they choose. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved. Dropping the bar behind will be a no rep.

FRONT SQUATS (BOX)

Each rep begins with the athlete standing tall with the barbell front rack position in a barbell on or above shoulders position. At the bottom, the hip crease must clearly pass below the top of the knee. The rep is counted when the athlete returns to a fully locked out position with the hips, knees fully extended, and the bar is in the front rack of the body. Athletes may get the barbell shoulders any way they choose. A full squat clean is permitted, but not required, to start the movement if standard depth is achieved. Dropping the bar in front will be a no rep.

(Box Squat) Athletes that are allowed to use a box to Front squat will achieve Parallel Squats, meaning when resting or touching the box, the athlete's hips and knees must be parallel and no less.

DOUBLE UNDERS

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

SINGLE UNDERS

This is the standard Single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

VIDEO STANDARDS /

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.
- Do NOT use a countdown timer.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.

ALL ADAPTIVE STANDING DIVISIONS

ROUND OF 3	3	3	3	6	30	36
ROUND OF 6	6	42	6	48	30	78
ROUND OF 9	9	87	9	96	30	126
ROUND OF 12	12	138	12	150	30	180
ROUND OF 15	15	195	15	210	30	240
ROUND OF 18	18	258	18	276	30	306
ROUND OF 21	21	327	21	348	30	378
ROUND OF 24	24	402	24	426	30	456
ROUND OF 27	27	483	27	510	30	540
ROUND OF 30	30	570	30	600	30	630

TOTAL REPS

ATHLETE NAME

SIGNATURE

JUDGE NAME
