

WORKOUT ONE PRESENTED BY TYR

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

TIME CAP /
9 MINUTES

SCORE /
TOTAL ROUNDS AND REPS

**ELITE/RX, INTER,
35-39, 40-44, 45-49,
50-54, 16-18**

75,55 LBS

55-59, 60+, 13-15

55,35 LBS
20 DOUBLE UNDERS

MODIFIED: SCALED

45, 35 LBS
30 SINGLE UNDERS

REQUIRED EQUIPMENT /

Barbell (Only a men's 45lb/20kg barbell or a women's 35lb/15kg barbell is permitted), Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division*, Jumping rope.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 34kg(75lb), 25kg (55lb), 20kg (45lb), 15kg (35lb)

FLOW /

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

This event begins with the athlete standing tall at their barbell. At the call of 3,2,1 GO athletes will pick up their barbell to begin 3 hang power snatches.

At the completion of the hang power snatches, athletes will perform 3 overhead squats.

Athletes may begin their first overhead squat, immediately following the last repetition of their hang power snatch.

At the completion of the overhead squats, athletes will perform 30 double unders.

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

Round 3 will consist of 9 hang power snatches, 9 overhead squats and 30 double 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) before re-dipping to initiate the hang snatch. 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 full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. Power snatching the barbell from the ground in one continuous motion is not permitted.



OVERHEAD SQUATS

Each rep begins with the athlete standing tall with the barbell 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.



DOUBLE UNDERS

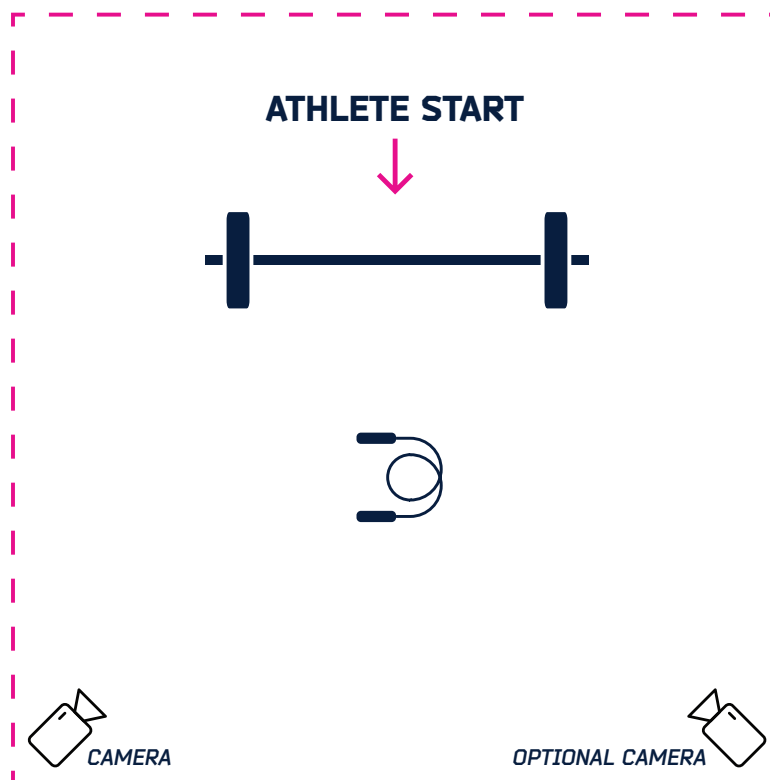
This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

SINGLE UNDERS

In the modified/scaled version, the rope must pass under both feet once in order for the rep to count, in a forward rotation.

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.



ELITE/RX, INTERMEDIATE, 35-39, 40-44. 45-49, 50-54, 16-18, SCALED

	HANG POWER SNATCHES		OVERHEAD SQUATS		DOUBLE UNDERS/ SINGLE UNDERS	
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 _____

55-59, 60+, 13-15

	HANG POWER SNATCHES	OVERHEAD SQUATS	DOUBLE UNDERS
ROUND OF 3	3 3	3 6	20 26
ROUND OF 6	6 32	6 38	20 58
ROUND OF 9	9 67	9 76	20 96
ROUND OF 12	12 108	12 120	20 140
ROUND OF 15	15 155	15 170	20 190
ROUND OF 18	18 208	18 226	20 246
ROUND OF 21	21 267	21 288	20 308
ROUND OF 24	24 332	24 356	20 376
ROUND OF 27	27 403	27 430	20 450
ROUND OF 30	30 480	30 510	20 530

TOTAL REPS

ATHLETE NAME

SIGNATURE

JUDGE NAME
