

Workout 3

Pairs (RX & Scaled Scorecard)



Team Name: _____

WORKOUT 3

1 Clean + 1 Shoulder To Overhead + 1 Front Squat + 1 Shoulder To Overhead

Time Cap: 9 Minutes

Rounds	Male Weight	Female Weight
Lift 1		
Lift 2		
Lift 3		
Lift 4		
Lift 5		
Lift 6		
Lift 7		
Lift 8		
Lift 9		
Any Other Lifts		

EQUIPMENT:

Barbell 20/15kg
Plates

Combined Total _____

Team Captain Name: _____

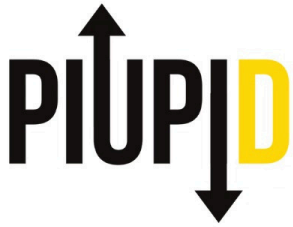
Signed: _____

Judges Name: _____

Signed: _____

I confirm the information above accurately represents the athlete's performance for this workout.

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Presented by



Workout 3

Pairs (RX & Scaled Scorecard)

WORKOUT 3

1 Clean + 1 Shoulder To
Overhead + 1 Front Squat
+ 1 Shoulder To Overhead

Time Cap: 9 Minutes

EQUIPMENT:

Barbell 20/15kg
Plates

- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Pairs will then make their way to the platform and load their barbell
- Only one athlete is allowed to lift at any one time, there is no permitted order and if one athlete reaches their max loading the remainder of the time can be used by the other athlete of the pair.
There is no you go I go permitted
- Athletes will need to confirm weight with judge BEFORE lifting
- The bar starts on the floor and the clean is completed when the bar is in the front rack position and the knees and hips are locked out
- The Shoulder To Overhead can be completed as: a Shoulder Press, a Push Press, a Push Jerk or a Split Jerk, the Rep is credited when the bar is overhead with elbows, knees and hip locked out (feet together if performing Split Jerk)
- In the Front Squat the bar must be maintained in the front rack position, hips MUST break parallel and the rep is completed once athlete has stood back up with hips and knees locked out
- The Shoulder To Overhead can be completed as: a Shoulder Press, a Push Press, a Push Jerk or a Split Jerk, the Rep is credited when the bar is overhead with elbows, knees and hip locked out (feet together if performing Split Jerk)
- The Complex cannot be broken, the bar remains off the floor throughout the complex
- The Complex will not count if NOT completed inside the allotted 9 minutes
- The Complex will NOT count if the athlete walks off the lifting platform with the bar at any time
- Pairs can help each other load bars
- Score sheets must be signed by one of the pair

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