

Rx

23.2 - Chaos in the arena

4 x 35m shuttle run

9 toes to bar

12 thrusters 60/40

4 x 35m shuttle run

15 toes to bar

12 hang power clean 70/45

4 x 35m shuttle run

21 toes to bar

12 shoulder to overhead 75/50

4 x 35m shuttle run

27 toes to bar

12 deadlift 140/100kg

T.cap 14 min.



The test begin with the athlete standing tall at the floor/grass limit on his dedicated marked spot for shuttle run start,from his interval of work.

After 3,2,1...go,athlete starts the first round of 35m shuttle run.1 round of shuttle run is complete when the athlete runs and goes around the chess piece from the boundary of the field and returns with both feet to the marked space from where he started.After the athlete finishes the 4 rounds of the shuttle run, he goes directly to the rig and starts to perform the first set of 9 toes to bar.Next to first set of toes to bar are 12 thrusters with the bar loaded.Then the athlete finishes and start directly the second set of 4 rounds shuttle run. After shuttle run the athlete turns back to another set of 15 toes to bar.Then goes again to the barbell and performs 12 hang power clean with the barbell.And then he continue with third set of 4 rounds 35m shuttle run.Next to this he goes to perform another 21 set of toes to bar.After this he goes again to the barbell and do the 12 shoulder to over head.Next to this is the last set of 4 rounds 35m shuttle run and 27 toes to bar. Athlete finishes the workout with 12 heavy deadlifts.

Athlete load his bar alone.

SCORE

The score will be the time if the workout is completed in the time cap.

The score will be the number of reps completed if the workout its not finished in the time cap

MOVEMENT STANDARDS

General Note

Movement Standards to us mean we don't judge technique we only judge you hitting certain positions. Those positions are clearly defined below and will ensure all athletes doing the same work. The technique you use for certain movements is up to you. What is not stated will not be judged.

Shuttle Run

Each rep starts with the feet clearly behind the start line.After the start, the athlete runs to the chess piece and make a turnaround.At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return. Stepping on or touching the line will not count the rep.

Toes to bar

The Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

Thrusters

Each set of thrusters begins with the barbell on the ground. The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor.The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

Hang power clean

Each repetition must start from the hang. Any repetition taken from the floor must achieve a deadlift lockout, with the hips and knees fully extended and shoulders behind the bar, before re-dipping to initiate the hang clean. The bar may not be lowered past the knee after it has been deadlifted.

If continuous reps are performed, the arms must reach full extension in the bottom of the hang position. Power cleaning the barbell from the ground in one continuous motion is not permitted. Any variation of the hang clean is acceptable (power, squat, split or muscle), as long as the above requirements are met. The rep is complete when the athlete's hips and knees are fully extended, and the bar is racked on the shoulders with the elbows clearly in front of the bar. If a split clean is used, the feet must be brought back together under the athlete's body, with the hips and knees fully extended, before the repetition is counted.

Shoulder to overhead

The barbell will move from the shoulders to the overhead position with the knees, hips and shoulders extended in one line. Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.

Deadlift

Athlete start with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. **No bouncing !**