



The European Championships

17.1



Double Impact!

Workout Description & Movement Standards
(Rx / Masters / Scaled / Teens)

Workout 17.1

16 Minute Time Cap

Score Part A = For Time

Score Part B = Snatch Power Output

Five Rounds For Time & Output:

Rx:

3 Front Squats 90/60 kg

6 Snatch *Choose your weight

9 Deadlift 90/60 kg

12 Handstand Press Ups

Masters (35 yrs+):

3 Front Squats 60/40 kg

6 Snatch *Choose your weight

9 Deadlift 60/40 kg

12 Handstand Press Ups

Scaled:

3 Front Squats 40/30 kg

6 Snatch *Choose your weight

9 Deadlift 40/30 kg

12 Push Press 40/30 kg

Teens (13-17 yrs):

3 Front Squats 40/30 kg

6 Snatch *Choose your weight

9 Deadlift 40/30 kg

12 Push Press 20/15 kg

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Front Squat



The barbell will start in the front rack position with the knees and hips fully locked out and elbows in front of the bar.



The athlete must pass through a full squat with hip crease below the top of the knee. To finish the movement the hips and knees must be fully extended, elbows in front of the bar and under control before performing the next rep. The barbell must start from the floor, a rack is not permitted. A Squat Clean from the floor is permitted and will count as one rep.

Snatch



The barbell begins on the ground and must be lifted overhead in one smooth motion. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.



No part of the body other than the feet may touch the ground during the repetition. Athletes can perform either a power or squat variation.



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Deadlift



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar.



The arms must be straight throughout. Sumo deadlifts are not allowed.

Handstand Press Up (Rx / Masters)



Every repetition of the handstand press up begins and ends at the top of the handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms.

Female athletes may use one standard two and a half inch high ab-mat which must be inside a box taped 36 inch wide and 24 inch deep on the floor against the wall.

Male athletes must use a level platform. The level platform can consist of plates either side of and in contact with a standard ab-mat, to the same height as the ab mat.

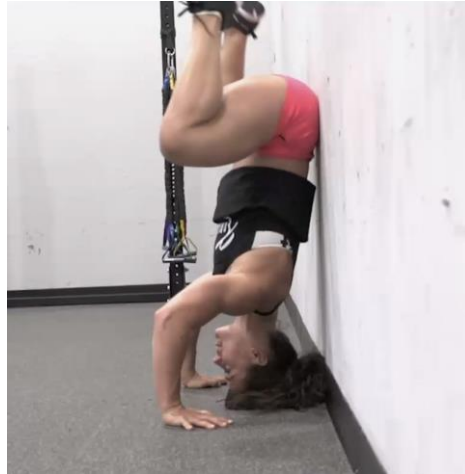


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Alternatively the athlete may use a level floor with a box taped out the same as for the female athletes. While the palm of the hands must stay within the width of the box marked on the ground, the fingers may extend past the line. If using plates the palm of the hands and fingers must remain in contact with the plates during the rep, the fingers are not permitted to touch the floor. The feet do not need to remain in contact with the wall for the entire movement, but must touch the wall at the beginning and end of each rep. Kipping is allowed.

Push Press (Scaled / Teens)



Each rep of the push press begins with the barbell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.



At the top, the arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted.