



ATHLETE NAME: _____
DIVISION: _____

GO BIG OR GO HOME

2019.04.25 10AM – 2019.04.29 7PM MST

All Divisions

6 Minutes to Establish:

One Rep Max Clean and Jerk

Workout Notes:

- *Deadline for score submission is Monday April 29 at 7PM MST
- *Your score is the sum of each team members heaviest successful lift
- *You can have help loading and unloading the bar
- *Score must be recorded in pounds
- *Teams do not have to be together to complete the workout
- *Scores must be submitted by the Team Captain

Event Description:

Athletes begin standing in front of the barbell. On the call of 3,2,1 Go athletes will begin the event. You may have help loading and unloading the bar. There are no limit on the amount of attempts you may try within the 6 minute time cap.

Movement Standards:

Clean and Jerk:

- The bar must be taken from the floor to the shoulder in one motion. No hang cleans are permitted.
- A power clean, split clean or muscle clean is permitted.
- The athlete may press, push press, push jerk or split jerk as long as the feet are brought back together while the bar is in the overhead position in control.
- No back rack is allowed.

Video Standards:

If you are intending to qualify for the Main Event you will be asked for a video submission at the conclusion of the qualifier. To avoid having to redo a workout, please ensure you film your workouts at the time of completion. If you have a Smartphone, the app "WodProof" is highly recommended. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.

ONE REP MAX CLEAN AND JERK	
ROUND	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Heaviest Successful Lift: _____

Judges Name: _____

Judges Signature: _____

Athlete
Signature: _____

Workout Location: _____

PRESENTED BY:

