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Workout 1A+1B + Standards + Weights & Box Height + Additional info

Event 1A

3 ROUNDS FOR TIME TC 9MIN

10 *2x DUMBBELL HANG SQUAT CLEAN*

(MODIFIED DIVISION: 2X DUMBBELL HANG POWER CLEAN)

14 *C2B PULLUPS*

(MODIFIED DIVISION: 14 PULLUPS / M/W 55+ 10 PULLUPS)

18 *BOXJUMPS OVER*

3 MIN TRANSITION/REST, THEN STRAIGHT IN FOR PART B

Event 1B

FOR TIME TC 6MIN

60 ALTERNATING 1x DUMBBELL SNATCH

-EVERY BREAK; 30 DOUBLE UNDERS *(MODIFIED DIVISION: 90 SINGLE UNDERS)*

STANDARDS EVENT 1A

2x DUMBBELL HANG SQUAT CLEAN

- Start: Athlete start with both dumbbells in hanging position
- Clean movement (path of dumbbells); can be conducted between legs/in front of body or alongside the legs/body
- Squat below parallel
- End: athlete show control in top (in front rack position) with both dumbbells, with fully extended knees and hip

C2B PULLUPS

- Start: Athlete hanging in the rig, arms fully extended
- Strict, Kipping or Butterfly C2B PU is allowed.
- Top position: chest must clearly make contact with the bar.
- Any grip is allowed

BOXJUMPS OVER

- Jump: two foot take off, landing on the box is optional: jumping over the box without touching box is allowed.
- Jump: feet must be within the width of the box
- Feet is the only body part allowed to touch the box

***2x DUMBBELL HANG POWER CLEAN* (MODIFIED DIVISION)**

- Start: Athlete start with both dumbbells in hanging position
- Clean movement (path of dumbbells); can be conducted between legs/in front of body or alongside the legs/body
- End: athlete show control in top (in front rack position) with both dumbbells, with fully extended knees and hip..

PULLUPS (MODIFIED DIVISION)

- Start: Athlete hanging in the rig, arms fully extended
- Strict, Kipping or Butterfly PU is allowed.
- Top position: chin must clearly pass above the bar
- Any grip is allowed

Men & Women 55+: Steptover is allowed but not required

STANDARDS EVENT 1B

ALTERNATING 1x DUMBBELL SNATCH

- **Start:** Athlete start with dumbbell on the ground, every rep starts from/touch the ground
- **Snatch style allowed;** muscle, power, and squat snatch.
- **Hang snatch is not allowed**
- **The dumbbell must go from ground to overhead in one flowing motion.**
- **Top/End position snatch;** fully extended knees, hip, arm with the dumbbell in control over head.
- **Touch & Go Snatches is required,** resting/stopping with dumbbell on the ground is n o t allowed.
- **Bottom position:** both heads of the dumbbell must clearly touch the ground.
- **Rest position:** above head (fully extended arm) one hand hold, no other position for rest is allowed
- **Alternating arms is required,** alternate arm on the ground is n o t allowed, all other positions for alternating are ok.
- **Dropping the dumbbell will count as a break and is followed by DU/SU**
- **Take downs should be in c o n t r o l, or a no rep with DU/SU to follow and then re do the last rep**

DOUBLE UNDERS

- **Rope passes twice under the body for each jump to count.**
- **Jump must spin forward to count**

SINGLE UNDERS (MODIFIED DIVISION)

- **Rope passes once under the body for each jump to count.**
- **Jump must spin forward to count**

WEIGHTS & BOX HEIGHT

| | Event 1A Dumbbells | Event 1B Dumbbell | Event 1A Box Height |
|--------------------|---------------------------|--------------------------|----------------------------|
| MEN 18-54 | 22,5kg x2 | 22,5kg x1 | 60cm |
| MEN +55 | 15kg x2 | 15kg x1 | 60cm |
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| WOMEN 18-54 | 15kg x2 | 15kg x1 | 50cm |
| WOMEN +55 | 10kg x2 | 10kg x1 | 50cm |

ADDITIONAL INFORMATION

Each event (1A & 1B) is scored individual.

Athletes choose RX or Modified category when meeting the judge on the arena floor.

Athletes stick to the same category (RX or Modified) chosen for event 1A+B for the rest of the competition and its upcoming workouts.