



ELITE ONLINE QUALIFIER #2

For time / 12 min time limit

3 rounds of

3 clean & jerks

12 pullups

3 rounds of

3 clean & jerks

8 chest to bar pullups

3 rounds of

3 clean & jerks

4 bar muscle ups

Clean & jerk:

80kg / male division

50kg / female division

This is a task priority workout and the score will be time it takes you to finish a workout

If a workout is not finished in a 12 min time limit the score will be 12 min + 1 second per every unfinished rep

Scorecard

Athlete name _____

For time / with a 12 min time limit	
3 Clean & jerks*	3
12 Pullups	15
3 Clean & jerks	18
12 Pullups	30
3 Clean & jerks	33
12 Pullups	45
3 Clean & jerks	48
8 Chest to bar pullups	56
3 Clean & jerk	59
8 Chest to bar pullups	67
3 Clean & jerks	70
8 Chest to bar pullups	78
3 Clean & jerks	81
4 Bar muscle ups	85
3 Clean & jerks	88
4 Bar muscle ups	92
3 Clean & jerks	95
4 Bar muscle ups	99
*Load: male 80kg/female 50kg	
Score: time	_____ min

Workout and movement details

Prior to starting the workout, the athlete will need to load the barbell. The workout begins with the barbell resting on the ground and the athlete standing tall. After the time starts the athlete may start with the workout.

Clean & jerk (shoulder to overhead)

The clean begins with the loaded bar on the ground. A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

After a successful clean athlete can press, push press, push jerk or split jerk the barbell to a lockout overhead position, with the elbows, shoulders, hips and knees extended, and the bar directly over the body with the feet in line.



Pullup / Chest to bar pull up

Pull up starts with athlete in hanging position with feet clearly off the ground. At the bottom of the pull up arms must be fully extended. At the top, for the pullup the chin must break the horizontal plane of the bar and for chest to bar pullup chest has to clearly touch the bar under the clavicle bone. Any style of pull-up is permitted, as long as all the requirements are met.



Bar muscle up

Bar muscle up starts with athlete in hanging position with feet clearly off the ground and at the beginning of each rep arms must be fully extended. Kipping muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. The feet are not allowed to rise above the height of the bar during the kip. The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms.

