

6 rounds for time /
 12 min time limit

5 lateral burpees over bar
 5 clean & jerks
 10 pullups men/7 pullups women

Clean & jerk:
 60kg / men
 35kg / women

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 _____

6 rounds for time / with a 12 min time limit						
round	1	2	3	4	5	6
5 lateral burpees over bar						
5 Clean & jerks						
10/7 pullups						
*Load: male 60kg female 35kg 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.

Lateral burpee over bar

The burpee must be performed parallel to the barbell. The athlete can lower the body to the ground and get up in any way. In the bottom position the athlete's head cannot be over the barbell and chest and thighs must touch the ground. In the top position athlete does not need to be fully extended before the jump. The athlete must jump over the barbell with both feet at the same time. Single-legged jumping or stepping over is not permitted. The barbell must be loaded with standard-height bumper plates for the athlete to jump over.



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.

After a successful clean athlete can press, push press, push jerk or split jerk the barbell to a locked out overhead position. The clean & jerk movement is a rep when the elbows, shoulders, hips and knees are extended, and the bar directly over the body with the feet in line.



Pullup

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, the chin must break the horizontal plane of the bar. Any style of pull-up is permitted, as long as all the requirements are met.

