

## „FOR TOTAL LOAD & REPS“

In a 2 min time window

Find a 1 rep max of a  
CLEAN & JERK

In remaining time AMRAP of  
handstand pushups\*

\*5 cm deficit for male division

This is a workout for load and reps within a 2 min time window and the score will be a sum of total points: load (1Kg = 1point) + reps (1 rep = 1 points)

Example:

Max clean & jerk for load = 110kg = 110 points

In remaining time AMRAP of HSPU = 17 reps = 17 points

Score:

Load (110) + Reps(17)=127 points

NOTE: if the athlete can't perform a single HSPU, the score is only the total load of a clean & jerk

## Scorecard

Athlete name \_\_\_\_\_

<b>Clean &amp; Jerk</b>	_____ kg
<b>Handstand pushups*</b> *5 cm deficit for male division	_____ reps
<b>Score (kg + reps)</b>	_____ total points

## 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 countdown of 2 minutes starts the athlete may start the lift. After a successful lift the athlete moves to the handstand pushups and does as many reps as possible until the end of a 2 min time window.

IF YOU FAIL THE LIFT, RESTART 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 athletes 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.



### Handstand pushup

Every repetition of the handstand push-up begins and ends at the top of a 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. At the bottom, the athlete's head makes contact with the ground. The head and hands for female division must be on the same level, and for male division a 5 centimeter deficit is mandatory. The feet do not need to remain in contact with the wall for the entire movement but must touch both touch the wall at the beginning and end of each rep. Kipping is allowed.

