



# VARAŽDIN THROWDOWN 2021

## QUALIFIER WORKOUT #1

### 10 ROUNDS EVERY MINUTE ON THE MINUTE

YOU HAVE 10 SNATCH ATTEMPTS WITH CHOSEN LOAD,  
1 ON EVERY MINUTE FOR TOTAL LOAD

LOAD: \_\_\_\_\_ kg

\*Chose your load and set up a barbell. Smallest plates allowed are 0,5kg. The load is the same for all 10 attempts and can not be changed.

\*Start the clock and on start of every minute for 10 minutes do 1 snatch with that load. Clock must be set to count up continuously from 0 to 10 minutes and must be visible at all times.

\*You have only 1 attempt to finish a lift in those 60 seconds, so total of 10 attempts. As soon as the barbell leaves the ground it is considered as an attempt and you can not restart the lift.

\*You can perform any kind of snatch (muscle, power, squat) as long as the barbell starts from the ground and moves in one continuous motion to a locked out overhead position with knees, hips and elbows in full extension and barbell in control over the head. Lock out is allowed if it starts with barbell over the top of the head. Any press out that starts with barbell bellow the athletes height will be considered as a NO REP.

ROUND	REP	NO REP
1	✓	x
2	✓	x
3	✓	x
4	✓	x
5	✓	x
6	✓	x
7	✓	x
8	✓	x
9	✓	x
10	✓	x

**\*Score is total load lifted in 10 attempts.**

SCORE: \_\_\_\_\_ kg