

Workout 1- SNATCH ME IF YOU CAN

12 min time cap INDIVIDUAL			
RX	Intermediate	Scaled/ Rookie	Masters
For Time: 12 Power Snatch 18 Burpees over Bar 9 Power Snatch 18 Burpees over Bar 6 Power Snatch 18 Burpees over Bar	For Time: 12 Power Snatch 18 Burpees over Bar 9 Power Snatch 18 Burpees over Bar 6 Power Snatch 18 Burpees over Bar	For Time: 12 Power Snatch 18 Burpees over Bar 9 Power Snatch 18 Burpees over Bar 6 Power Snatch 18 Burpees over Bar	For Time: 12 Power Snatch 18 Burpees over Bar 9 Power Snatch 18 Burpees over Bar 6 Power Snatch 18 Burpees over Bar
Male 55 Kg Female 40 kg	Male 45kg Female 35kg	Male 35 kg Female 25 kg	Male 40kg Female 30 kg

Time cap: 12 minutes

At the call of “3,2,1, go” the athlete will begin and complete the following sequence:

The athlete will walk forward into their lane and pick up the barbell to perform 12 Power snatches. Once complete the athlete will place the barbell on the ground and proceed to do 18 burpees over the bar, facing the barbell. Rx/Int must jump over bar with both feet in the air at one time, this does not have to be a two-foot take off, Rookies and Masters may step over. Athletes must clear the bar to finish final rep. The athlete will then perform 9 power snatches, 18 burpees over the bar, 6 power snatches and 18 burpees over the bar in the same sequence until the workout is complete or the 12 min time cap is reached.

Scoring:

The time is recorded when the athlete finishes the last Burpee over the bar landing on 2 feet. If an athlete does not finish in the 12-minute time cap their score will be the total number of repetitions completed.

MOVEMENT STANDARDS

Power Snatch

The power snatch begins with the barbell on the ground and finishes with the barbell held directly overhead. The barbell must be lifted from the ground to overhead in one continuous motion. At the top of the movement, the arms, hips, and knees must be fully locked out, with the barbell clearly positioned over the middle of the athlete's body when viewed from the side. For the repetition to count, both feet must return and be in line under the athlete's body while the barbell is locked out overhead.

Burpee over bar

The athlete begins facing the barbell. Each repetition starts with a burpee, with the athlete's chest and thighs making contact with the ground. From the burpee, the athlete jumps over the barbell with both feet in the air over the bar, does not have to be a 2 foot take off. Rookie and Masters may step over the bar to the opposite side. The repetition is complete when both feet land on the other side of the barbell. Any contact with the bar during the jump/ step over will be considered a "No rep" and will not be credited.