

Workout 1- SNATCH ME IF YOU CAN

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

Time cap: 12 minutes

At the call of “3,2,1, go” the athlete will begin and complete the following sequence:
 Athletes will walk forward into their lane and pick up the barbell to perform 12 Power snatches. The snatches can be shared any way between athletes. Once the snatches are completed the athletes will place the barbells on the ground and proceed to do 18 synchronised 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. Synchronised point is both athletes’ chest must be on the ground simultaneously. Athletes must jump over bar to finish the final rep. The athletes will then perform 9 power snatches between them, 18 synchronised burpees over the bar, 6 power snatches and 18 synchronised burpees over the bar in the same sequence until the workout is complete or the 12 min time cap is reached.

Scoring:

Time is recorded when the athlete finishes the last Burpee over the bar landing on 2 feet. If the athletes do 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. Synchronisation point is the top of the snatch; the rep is credited when both athletes have the barbell overhead in full extension.

Bar facing 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. Synchronisation point for the burpees will be chest and thighs on the ground at the same time.