

Workout 2- INFINITY AND BEYOND

10 min time cap INDIVIDUAL/PAIRS			
RX	Intermediate	Rookie	Masters
PART A: 6 Minutes to find: 3RM Clean (squat or power) 2 mins rest	PART A: 6 Minutes to find: 3RM Clean (squat or power) 2 mins rest	PART A: 6 Minutes to find: 3RM Clean (squat or power) 2 mins rest	PART A: 6 Minutes to find: 3RM Clean (squat or power) 2 mins rest
PART B: 2 Minutes to find: Max reps burpee box jump overs	PART B: 2 Minutes to find: Max reps burpee box jump overs	PART B: 2 Minutes to find: Max reps burpee box step overs	PART B: 2 Minutes to find: Max reps burpee box step overs

Time cap: 10 minutes

At the call of “3,2,1, go” athletes will follow a running clock of 10 minutes. They will have 6 minutes to establish a 3 rep max power clean or squat clean.

If a lift is initiated prior to the 6 minute time cap, the athlete is permitted to complete the attempt provided the barbell is in motion when time expires.

At the 6 minute mark the athlete will have 2 minutes rest. At the 8 minute mark, athletes will have 2 minutes to complete max reps of burpee box jump overs.

Athletes may increase or decrease weights as required.

SCORING:

The weight for both part A and part B lifts will be added together for the total score.

Example:

Heaviest successful 3RM Clean: 45kg x 3 reps, score = 45 kg

Number of reps burpee box jump overs = 50

Total score = 45 + 50 = 95

SAFETY AND EQUIPMENT STANDARDS

For safety, non-working athletes must wait on the start mat, approximately 1.5 metres from the lifting athlete, until it is their turn to lift.

Collars must be used on the barbell at all times. Should a lift be performed without collars, the lift will be forfeited.

Athletes are not permitted to take weights from another lane. Each lane will be supplied with a complete set of bumper plates, consisting of: 20 kg / 15 kg / 10 kg / 5 kg / 2.5 kg / 1.25 kg
Athletes may only lift within their allocated lane.

If a barbell moves outside of the lane and is not rolled back into position, the athlete will forfeit that lift.

Athletes must be mindful of space and surrounding lanes at all times. Throwing or intentionally slamming the barbell is not permitted.

Shoes must be worn.

MOVEMENT STANDARDS

Clean

The barbell starts on the ground and must come up to the shoulders. The repetition is completed with the athlete standing up with the hips and knees fully extended and elbows in front of the bar before returning the barbell to the ground. The reps must be touch and go, no resetting at the bottom is permitted. The athlete's hands must not come off the barbell for the 3 reps to count. Squat or Power cleans are permitted.

Burpee Box Jump Overs

20" for female athletes

24" for male athletes

At the 6:00 minute mark, athletes will start 2 minutes rest.

At the 8:00 minute mark, athletes will commence 2:00 of burpee box jump overs. Athletes will complete a burpee in front of the box with chest touching the ground.

Rx/Int:

Both feet must leave the ground together and both feet landing on top of the box then step or jump down on to the opposite side of the box. Total score will be the number of completed reps at the end of the 2:00 mark or at the 10:00 running clock time cap.

Rookie/Masters:

Rookie division may step up on to the box. Both feet are to touch the top of the box before stepping down.

PAIRS: Times will apply the same for pairs. During the initial 6 minutes of lifting, each athlete can attempt as many lifts as possible in the time allowed to register their highest score. Non-lifting athlete may assist working athlete in loading plates. Athletes may tag in and out of the burpee box jump/step overs as necessary. Both athletes are to perform at least one burpee box jump/step over.