



WORKOUT 20.3

10:00 PM, THURSDAY MARCH 12, THROUGH 10:00 PM, MONDAY, MARCH 16



WORKOUT 20.3

PRIOR TO 8:00, COMPLETE:

3 rounds of (90/55 lb.):

3 clean

3 front squat

3 S2OH

then, 3 rounds of (135/90 lb.):

3 clean

3 front squat

3 S2OH

***PRIOR TO 12:00, COMPLETE:**

3 rounds of (180/125 lb.):

2 clean

2 front squat

2 S2OH

***PRIOR TO 16:00, COMPLETE:**

3 rounds of (225/155 lb.):

2 clean

2 front squat

2 S2OH

***PRIOR TO 19:00, COMPLETE:**

3 rounds of (270/190 lb.):

1 clean

1 front squat

1 S2OH

***PRIOR TO 22:00, COMPLETE:**

3 rounds of (315/225 lb.):

1 clean

1 front squat

1 S2OH

***If all reps are completed, time cap extends**

WORKOUT VARIATIONS

Rx'd (Rx'd Ages 16-54)

Men use 90-135-180-225-270-315 lb.

Women use 55-90-125-155-190-225 lb.

Teenagers 14-15 and Masters 55+

Men use 70-90-135-180-225-270 lb.

Women use 35-55-90-125-155-190 lb.

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1... go," the athlete may pick up the barbell and perform 3 clean then 3 front squat and then 3 shoulder to overhead. After three rounds are completed, the athlete has to 3 more rounds with the next weight..

.If all 54 repetitions are not completed within 8 minutes, the athlete's workout is over, and they will stop and record their score.

If all 54 repetitions are completed within the 8-minute window, the athlete will earn an additional extra time to



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continue with the workout **Once a section is completed, the athlete may immediately begin their next section. They do not need to wait the time to expire before moving on to the next section.** This pattern will continue for up to 22 minutes, as long as required work is completed before each cutoff.

This workout is over when the athlete completes all the required work prior to 22 minutes or fails to complete all the repetitions within the cutoff time for a section. The athlete's score is their time if they complete the workout or the number of repetitions completed up to their cutoff time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used. Collars must be placed on the outside of all the plates on any bar used during the workout.

TIEBREAK

If all 108 reps are completed prior to the 22-minute time cap, your score will be your total time and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each 3-round section. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full 3-round section. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Barbell
- Collars..

*The official weight is in kilograms.. For your convenience, the minimum acceptable weights in pounds are 15 kg (35 lb.), 25 kg (55 lb.), 30 kg (70 lb.), 40 kg (90 lb.), 55 kg (125 lb.), 60 kg (135lbs), 70 kg (155 lb.), 80 kg (180 lb.) 85 kg (190 lb.), 100 kg (225 lb.), 120 kg (270 lb.) and 140 kg (310 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Prior to starting the workout, introduce yourself, and explain what workout you are going to complete. Film the plates and barbell(s) to be used so the loads can be seen clearly.

- Videos must be uncut and unedited to accurately display the performance.
- Your timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

MOVEMENT STANDARDS

CLEAN

- Start each rep with the barbell on the ground. Touch and go is permitted.
- No bouncing or dropping and catching the barbell on the rebound.
- If dropped the barbell must settle on the ground before the start of the next rep.
- Power clean, squat cleans, and Split cleans are permitted.
- Hang cleans are not allowed.
- Snatching is not permitted.
- It is necessary to lock out the hips and legs to complete the each clean.
- TEEN 14-15 and MASTER 55+: If using an empty barbell, or a barbell with smaller- than-standard plates, each rep must begin with the barbell clearly below the knees.

FRONT SQUAT

- You can start the first front squat after the last clean.
- It is necessary to lock out the hips and legs to start and finish the front squat.
- The barbell must make contact with the shoulders. No grip requirements.
- No racks allowed.
- The hip crease must clearly pass below the top of the knees in the bottom position

SHOULDER TO OVERHEAD (S20H)

- You can start the first shoulder to overhead after the last front squat, stopping between both movements is mandatory, thruster is NOT permitted.
- The barbell must come to a full lockout overhead, with the shoulders, elbows, hips, knees and arms fully extended, and the bar directly over the body.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.



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40/25kg										27 REP
	3	3	3	3	3	3	3	3	3	TIME
60/40kg										54 REP
8:00min	3	3	3	3	3	3	3	3	3	TIME
80/55kg										72 REP
12:00min	2	2	2	2	2	2	2	2	2	TIME
100/70kg										90 REP
16:00min	2	2	2	2	2	2	2	2	2	TIME
120/85kg										99 REP
19:00min	1	1	1	1	1	1	1	1	1	TIME
140/100kg										108 REP
22:00min	1	1	1	1	1	1	1	1	1	TIME

TOTAL REPS: _____

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Athlete Name _____ TOTAL REPS _____ TIE BREAK _____

Workout location (box name) _____ judge (name) _____

I confirm the information above accurately represents the athlete's performance for this workout. (ATHLETE signature) _____

Box copy

Athlete copy

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Workout location (box name) _____ judge (name) _____

I confirm the information above accurately represents the athlete's performance for this workout. (JUDGE signature) _____