



# **QUALIFIER WORKOUT 3 – GO HARD OR GO HOME**

For Time (Time Cap 25 min)

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## ELITE/RX

## ADVANCED

## SCALED/ JUNIORS

**50 SYNC ALT DB SNATCHES 22,5/15KG  
24 ALT BURPEES OVER THE BUDDY**

**50 SYNC ALT DB SNATCHES 15/10 KG  
24 ALT BURPEES OVER THE BUDDY**

**50 SYNC ALT DB SNATCHES 10/5 KG  
24 ALT BURPEES OVER THE BUDDY**

**40 SYNC DB CLEAN & S20 22,5/15 KG  
24 ALT BURPEES OVER THE BUDDY**

**40 SYNC DB CLEAN & S20 15/10 KG  
24 ALT BURPEES OVER THE BUDDY**

**40 SYNC DB CLEAN & S20 10/5 KG  
24 ALT BURPEES OVER THE BUDDY**

**30 SYNC DB CLUSTERS 22,5/15 KG  
24 ALT BURPEES OVER THE BUDDY**

**30 SYNC DB CLUSTERS 15/10 KG  
24 ALT BURPEES OVER THE BUDDY**

**30 SYNC DB CLUSTERS 10/5 KG  
24 ALT BURPEES OVER THE BUDDY**

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*For this workout, use a running clock from 0 to 25 minutes. The Athletes start standing in an upright position not touching the dumbbells.*

*At the call of 3,2,1 go, the Athletes may start the work out by completing a total of 50 SYNC Alternating DB Snatches. After completion, the Athletes continue with the Alternating burpees over the buddy. Once completed, the Athletes perform 40 Sync DB Cleans and S20 followed by Alternating burpees over the buddy. The last round consists of 30 Sync Clusters and Alternating burpees over the buddy.*

*The Burpees are performed in repetitions of two Burpees (jumping back and forth) over the partner after which the partner will take a turn of two Burpees and so forth until the Athletes have completed a total of 24 Burpees.*

**Score 3** is the time to complete the workout or the number of reps in the 25 min time period.

*Score uploads need to be finalized before March 25 23:59H in Competition Corner. From your profile you can appoint a judge to become your validator. He/she needs to validate your score and has until March 25 23:59H to do so. We recommend this to be for instance the coach from your own box.*

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## **SYNC ALTERNATING DB SNATCH**

*Every rep starts with one head of the dumbbell on the ground. The dumbbell must be lifted overhead in one motion. A clean and jerk is NOT allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is completed. Deliberately bouncing the dumbbell is not allowed. The non-lifting hand and arm may not be in contact with the body during the repetition. The rep is credited when both athletes at the same time have the dumbbell locked out overhead, with the hips, knees, and arm fully extended, and the dumbbell directly over, or slightly behind, the middle of the body. The repetition must be clearly locked out before the athlete switches hands. Split snatches are permitted.*

## **ALTERNATING BURPEES OVER THE BUDDY**

*Athlete A will take the plank position (on elbows and toes). Athlete B will start with the Burpee jump over. Athletes may jump or step back to reach the bottom position. Stepping and/or jumping back to the starting position are both permitted. The athlete MUST clearly jump over the buddy. Both feet must be off the ground as the athlete passes over the buddy. Stepping over is NOT permitted. The athlete does NOT need to use a two-foot takeoff. Scaled/JR divisions may step over the buddy. Touching the buddy on the jump or step-over is a “no-rep.” The rep is credited when both feet have touched the ground on the opposite side of the buddy. There is no requirement to land with both feet at the same time.*

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## **SYNC DB CLEAN & S2O**

*For the clean, the dumbbells begin on the ground, outside the Athletes feet. Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. No bouncing. A muscle clean, power clean, squat clean or split clean may be used, as long as the dumbbells come up to the shoulders in one motion, the hips and knees are fully extended, the feet are in line, and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. The dumbbells must be at the shoulders with the hands below the ears to begin the shoulder-to-overhead. A press, push press, push jerk, or split jerk are all permitted as long as the finish position is achieved. The rep is credited when the dumbbells of both Athletes are locked out overhead at the same time. The Athletes arms, hips, and legs must be fully extended before they lower the dumbbells. The center of both dumbbells must be over or slightly behind the center of the athlete's body, with the feet in line.*

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## SYNC DB CLUSTERS

*The DB Cluster consists of two compound movements The first is a muscle, power or squat clean of the dumbbells from the ground to the top of the shoulders, and the second movement is a thruster.*

*For the clean, the dumbbells begin on the ground, outside the Athletes feet. Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. No bouncing. The Athletes will perform either a power or muscle clean followed by a front squat or a squat clean with the dumbbells held on top of the shoulders. The squat will count as soon as the hips pass below the knees. Then, to complete the movement, the Athletes move the dumbbells from the bottom of the front squat to full lockout overhead, with your hips, knees, and arms fully extended. The rep is credited when the dumbbells of both Athletes are locked out overhead at the same time. The Athletes arms, hips, and legs must be fully extended before they lower the dumbbells. The center of both dumbbells must be over or slightly behind the center of the athlete's body, with the feet in line.*

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## GENERAL RULES

- *In mixed teams, women begin*
- *Tape/ grips/ wraps are allowed*
- *Straps are not allowed*
- *Each athlete may use 1 bar. (20 kg for men, 15 kg for women)*
- *Athletes may help each other. No other help is allowed.*
- *Safety first. Clips on all bars*
- *Questions? Send us an email at [info@arenathrowdown.com](mailto:info@arenathrowdown.com)*