



The Crusader Series Scorecard EVENT 3

WORKOUT

RX	INTERMEDIATE/MASTERS	SCALED
<p>AMRAP 20:00 16 alternating pistols 12 kipping HSPU 20 squat snatches @50/35kg 16 alt pistols 12 kipping HSPU 16 squat snatches @60/40kg 16 alt pistols 12 kipping HSPU 12 squat snatches @70/45kg 16 alt pistols 12 kipping HSPU 8 squat snatches @80/52.5kg 16 alt pistols 12 kipping HSPU 4 squat snatches @90/60kg 16 alt pistols 12 kipping HSPU Max effort squat snatches @100/70kg Score is total reps</p>	<p>AMRAP 20:00 16 alternating pistols 12 kipping elevated HSPU* 20 squat snatches @50/35kg 16 alt pistols 12 kipping elevated HSPU 16 squat snatches @60/40kg 16 alt pistols 12 kipping elevated HSPU 12 squat snatches @70/45kg 16 alt pistols 12 kipping elevated HSPU 8 squat snatches @80/52.5kg 16 alt pistols 12 kipping elevated HSPU 4 squat snatches @90/60kg 16 alt pistols 12 kipping elevated HSPU Max effort squat snatches @100/70kg Score is total reps</p> <p><i>*HSPU with abmat only (no plates)</i></p>	<p>AMRAP 20:00 24 air squats 12 hand release push ups 20 snatches @35/25kg 24 air squats 12 hand release push ups 16 snatches @40/30kg 24 air squats 12 hand release push ups 12 snatches @45/32.5kg 24 air squats 12 hand release push ups 8 snatches @50/35kg 24 air squats 12 hand release push ups 4 snatches @55/37.5kg 24 air squats 12 hand release push ups Max effort snatches @60/40kg Perform any style snatch Score is total reps</p>



WORKOUT DESCRIPTION -

Division Standards:

Load (kg)

RX / Intermediate / Masters - 50/35, 60/40, 70/45, 80/52.5, 90/60, 100/70KG

Scaled - 35/25, 40/30, 45/32.5, 50/35, 55/37.5, 60/40KG

Other movements

RX - even surface HSPU, pistols

Intermediate - elevated HSPU using x1 ab mat only, pistols

Scaled - Air squats, hand release push ups, any style snatch

Flow:

Prior to 3,2,1 go the athlete will have their first weight preloaded on the barbell. The athlete will then begin the workout with 16 alternating pistols or squats (depending on division) followed by 12 kipping HSPU or Hand release push ups (again, depending on division). The sequence of 16 pistols/squats and 12 kipping HSPU/hand release push ups will stay consistent after the completion of the prescribed snatch reps each round. The first bar will be loaded at 50/35kg for all divisions with the exception of scaled. Scaled will have 35/25 loaded for their first snatch weight. Each barbell must have clips secured on each side of the barbell before a repetition can be performed. Each squat snatch must clearly go below the parallel plane to be deemed a good rep. Athletes may change the load on the barbell at any time, so long they have completed the required reps for that working set. This workout will finish at 20:00. Athletes will be scored on the repetitions they have completed at this point regardless of which barbell they finish on.

Scoring:

Your score will be the total number of repetitions completed.

Example -

16 pistols

12 HSPU

20 squat snatches

16 pistols

12 HSPU

16 squat snatches

16 pistols

12 HSPU

12 squat snatches

16 pistols

12 HSPU



3 squat snatches

Score = 163 reps

Tie breaker - please enter the time at which you completed your last HSPU/pushup.

The scaled division will be slightly different as they are required to perform 24 air squats instead of 16 pistols. Tally the score up in the same fashion.

Movement Standards:

Pistols

At the start and finish of each pistol, the hip and knee of the working leg must be at full extension. The non working leg must remain in front of the body (cannot pass behind the body) and must not contact the floor at any point of the movement until the working leg is locked out. Holding on to the extended leg in front will be permitted. At the bottom of the squat, the hip crease must pass below the knee on the working leg. If any part of the body other than the support foot touches the floor before lockout, the rep will not count. You must alternate after every successful rep. You must get a successful rep before swapping legs. Resting the working leg on the other leg or pushing off your leg to help stand up will not be permitted.

Kipping handstand push up

Firstly, there will be NO funky measuring of limbs to adhere to this movement standard. Let's all agree to hold our integrity in support of a good sound handstand push up movement which looks like the following. Begin the handstand push up with the arms locked out, heels in contact with the wall, hips open, bum off the wall, and body in line with arms. Only the heels may be touching the wall at the start and finish of each rep when the athlete returns to the start position. At the bottom, the head must make contact with the ground. For RX, this will be a flat surface and for Masters and intermediate this will be elevated with a standardized abmat on a flat surface decreasing the range of motion. The feet do not need to remain in contact with the wall for the duration of the movement particularly in the bottom of the rep but the rep must be completed with the heels against the wall. Any HSPU that begins with a kick up straight to a headstand will not count - you MUST be at full extension at the top before you can begin your first rep.

Squat Snatch

The barbell begins on the ground and is lifted overhead in one motion. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must be settled on the ground before the athlete can continue to their next rep. The athlete must pass through a full squat with hips below the knees. The rep will be awarded if the athlete moves seamlessly into the bottom of the squat and or catches above parallel but continues to ride the barbell to the bottom of the squat. A power snatch with an overhead squat



will not be permitted. The barbell must then be stood up tall at full extension above the athletes head with the load, shoulders, hips, knees and ankles in the same line.

Air squat

A bodyweight squat where the repetition will start and finish with the athlete standing at full extension. Athletes' hip creases must clearly travel below parallel below the knees in order for the depth to be okay. No other body part of the athlete may touch the floor other than their feet. Failing to open the hips to full extension at the top of each rep will be invalid.

Hand release push up

The repetition will begin with the athlete with full extension of the elbow (locked out arms) in the plank position, on their toes. The athlete will lower themselves to the ground where the chest will touch and the hands must show clear daylight between the hand and the floor before placing hands back down to push back to the full extension to complete the rep.

Snatch (Scaled)

Any style of snatch is permitted here. The barbell must travel in one fluid motion until the bar is received in the overhead position and is at full lockout above the head of the athlete with the load, shoulder, hips, knees and ankles all in one line. The same requirements apply as the RX squat snatch except Scaled division does not have to perform a squat snatch if they choose not to.



SCORECARD - WORKOUT 3

Date _____

Athlete Name _____

Gym _____

20MIN AMRAP	RX / INTERMEDIATE / MASTERS
16 alternating pistols	
12 HSPU	
20 squat snatches @50/35kg	
16 alternating pistols	
12 HSPU	
16 squat snatches @60/40kg	
16 alternating pistols	
12 HSPU	
12 squat snatches @70/45kg	
16 alternating pistols	
12 HSPU	
8 squat snatches @80/52.5kg	
16 alternating pistols	
12 HSPU	
4 squat snatches @90/60kg	
16 alternating pistols	
12 HSPU	
Max effort squat snatches @100/70kg	



TOTAL REPS	
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Judge Signature _____

Athlete Signature _____

SCORECARD - WORKOUT 3

Date _____

Athlete Name _____

Gym _____

20MIN AMRAP	SCALED
24 air squats	
12 hand release push ups	
20 snatches @35/25kg	
24 air squats	
12 hand release push ups	
16 snatches @40/30kg	
24 air squats	
12 hand release push ups	
12 snatches @45/32.5kg	
24 air squats	
12 hand release push ups	
8 snatches @50/35kg	
24 air squats	
12 hand release push ups	
4 snatches @55/37.5kg	
24 air squats	
12 hand release push ups	
Max effort snatches @60/40kg	



TOTAL REPS	
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Judge Signature _____

Athlete Signature _____