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# **ELFIT 2016 Elite Individuals Qualifier Workouts**

## **Workout 1 “Over 120”**

**30-20-10 for Time**

**Hang Power Cleans**

**Burpees facing bar**

**Max Reps of Wall Balls for the remaining time**

### **Welcome to ELFIT 2016**

**The First Individual Qualifier Workout is “Over 120” brought to you by Reebok**

**Time cap: 12 Minutes**

**Barbell Total Weight: (135/85/115 LB) (60/39/52 KG)**

**Wall Balls Weight: (20/14 LB) (9/6 KG)**

**Target Height: (10”/9”)**

#### **Workout Description:**

Athletes will have 12 Minutes to complete one set of 30-20-10 reps of hang power cleans and burpees facing bar, if there is any time remaining of the 12 minutes time cap then the athlete will do wall balls until the time is up.

The workout begins with the barbell on the floor and the athlete standing tall in front of it, at the call of “3,2,1... go” athlete may pick up the bar and start performing 30 hang power cleans followed by 30 bar facing burpees then 20 of each then 10 of each, if the athlete is able to finish within the time cap, the athlete can proceed with the wall balls trying to get the maximum reps possible, the score then will be the total number of Reps of the couplet and the Wallballs.

Bar weight is 135 LBs for Individual Males. 85LBs for individual Females and 115 for Males masters 35+. Wall Ball weights are 20 LBs and 10” target for individual males and masters 35+ and 14 LB and 9” target for females.

## The Motion Standards

### Hang Power Clean:

The rep starts with the bar above the knee cap and ends with the bar resting in the rack position with the shoulders, waist, knees and heels are in line and the athletes' elbows are in front of the bar, if the athlete's body is not inline or in full extension then it's a no-rep, if the athlete takes his first rep directly from the ground then it is a no-rep, and if the athlete starts from a hang position but from below the knee cap then it is also a no-rep.



**Burpees facing Bar:**

Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell. The chest and thighs touch the ground at the bottom. You must jump over the barbell with both feet and land on both feet. One-footed jumping or stepping over is not permitted, if the athlete steps over the bar or jumps with one leg athlete should repeat the jump before doing the next burpee.



### **Wall Balls:**

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the target. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted. Males will be using a 20 LB ball and a 10 Foot target and for females a 14 LB ball and a 9 foot target.





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## Workout 1 "Over 120"

Athlete's Name:

Judge Name:

Date:        /        / 2016

Category:

Location:

Barbell Total Weight: (135 / 85 / 115 LB) - (60/ 40 / 52 KG)

Wall Balls: (20 / 14 LB) - (9 / 6 KG) - (10" / 9") - (3 / 2.70 m)

| Motion                | Total |
|-----------------------|-------|
| 30 Hang Power Cleans  |       |
| 30 Burpees Facing Bar |       |
| 20 Hang Power Cleans  |       |
| 20 Burpees Facing Bar |       |
| 10 Hang Power Cleans  |       |
| 10 Burpees Facing Bar |       |
| Wall Balls            |       |

Time/ Total Number of Reps:

Athlete's Signature:

Judge's Signature: