

ELFIT Online Qualifier 18.2 Scaled Score Sheet

Deadline Sunday, September 9th, 2018 at 19:59 GMT



Athlete Name:

Division: M18+ F18+

Training Facility:

A) For Time in 12 mins

- 200 Single Under
- 30 Knees to Elbow
- 30 Barbell Front Rack Lunges (30/20 KGs)
- 30 Bar Facing Burpees

B) In remaining time find 1RM

1 Power Clean

A) For time: 12 mins

Motion	Count
200 Single Under	
30 Knees to Elbow	
30 Barbell Front Rack Lunges	
30 Bar Facing Burpees	

B) In Remaining time find 1 RM:

1 RM	Max Weight
1 Power Clean	

Judge Name:

Judge Signature:

SUBMIT SCORES AT WWW.COMPETATIONCORNER.NET

NEED HELP? – SUPPORT@COMPETITIONCORNER.NET

Single Under:

This is a standard single under in which the rope passes the feet once for each jump.

Knees to Elbow:

In the Knee to elbow, the athlete must go from a full hang to having the knees touch the elbows. Both knees must touch the elbows at the same time. The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the vertical plane of the bar.

Front Rack lunges:

Each front rack lunge begins with the weight in a front rack, the feet together, and the athlete standing tall with feet, knees, hips and shoulders in line. As the athlete steps out, the trailing knee must make contact with the ground at the bottom of the lunge. The rep ends with the athlete standing tall with hips, knees and shoulder in line. Lunges must be alternating. Using a Rack is not allowed.

Bar facing Burpees:

Each repetition of the burpee starts with the athlete touching the floor with chest and thighs, facing the bar, before performing a two footed jump over the bar. A single-footed take off will not count.

Power Clean:

The rep starts with the plates touching the floor and ends with the bar on the athletes shoulders with elbows in front of the bar and the athlete standing tall in control of the bar with knees and hips fully extended. Squat Cleans are not allowed.