

ELFIT Online Qualifier 18.2 Score Sheet

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



Athlete Name:

Division: M16+ M35+ F16+ F35+

Training Facility:

A) For Time in 12 mins A

- 200 Double Under
- 30 Toes to Bar
- 30 Barbell Front Rack Lunges (60/40 KGs)
- 30 Bar Facing Burpees

B) In remaining time find 1RM of the following complex

Squat Clean + Hang Squat Clean + Split Jerk

A) For time: 12 mins

Motion	Count
200 Double Under	
30 Toes to Bar	
30 Barbell Front Rack Lunges	
30 Bar Facing Burpees	

B) In Remaining time find 1 RM of the following complex

1 RM	Max Weight
1 Squat Clean + 1 Hang Squat Clean + 1 Split Jerk	

Judge Name:

Judge Signature:

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Double Unders:

This is a standard double-under in which the rope passes the feet twice on each jump.

Toes to bar

On each toe to bar the athlete must start from a full hang, with his feet behind the vertical plane of the bar. The repetition ends when both feet touch the bar between the hands of the athlete at the same time.

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.

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.

Squat Clean

The Squat Clean starts with the plates touching the floor. The barbell goes from the ground to a front rack position with the athlete passing through a full squat position. The full squat position is achieved when the hip crease passes below the top of the knees. The lift is completed when the athlete comes to a standing position with knees and hips fully extended. Only the feet may touch the ground during the lift.

Hang Squat Clean

The barbell begins from the hang position (above the knee) and is taken to the shoulders with elbows in front of the bar. The athlete must pass through a full squat position. The repetition ends with the athlete standing tall with hips and knees extended. Only the feet may touch the ground during the lift.

Split Jerk

The rep starts with the athlete standing tall and the barbell in a front rack position. The rep ends when the barbell is fully locked out overhead, with elbows, hips, and knees extended, and the feet in line under the body.