



FIELD B
STRENGTH

SOUTHERN
WARRIORS
2 0 2 2

HULK

ELITE DIVISION
MASTER 30-35-40-45-50



EVENT

STRENGTH

FROM 00:00 TO 05:00 MAX 3 ATTEMPTS OF THIS COMPLEX:

1 POWER CLEAN + 3 FRONT SQUAT

TIME CAP: 10 MIN

THEN

FROM 05:00 TO 10:00 MAX 3 ATTEMPTS OF THIS COMPLEX:

**1 SQUAT CLEAN + 1 HANG SQUAT CLEAN
+ 1 THRUSTER**

SCORE IS WEIGHT



FLOW

- The athlete waits on the platform. On “3,2,1 GO” in the first 5 minutes will have to find his/her rm of the prescribed complex: power clean + 3 front squat.
The athlete will have 3 attempts.
We considered started an attempt when the barbell is lifted from the ground.
 - From minute 5 to 10 the athlete will have to find his/her rm of the complex composed by squat clean, hang squat clean, thruster. No limits for the tries.
- The repetition must start and end inside the prescribed time.
- Back drop not allowed.
 - Attention: these are two complex, therefore the drop is allowed only at the end of the prescribed repetitions.
 - Elastic weight bands or other tools (e.g.straps) designed to facilitate the execution of the wod are prohibited. Allowed: belt and knee pads.



STANDARD

POWER CLEAN

The barbell starts on the ground. Through a muscle clean, power clean, split clean, the barbell reaches the top position where the athlete will have feet in line, knees and hips extended, barbell in front rack and elbows in front of the barbell.

FRONT SQUAT

Barbell starts from the ground. In bottom position the athlete will need to have hip crease below the highest point of the knees, in top position feet in line, knees and hips extended, barbell in front rack and elbows in front of the barbell.



STANDARD

SQUAT CLEAN

The barbell starts on the ground. The athlete must pass through a full squat position. The barbell can be caught above the parallel but the athlete must keep descending under the parallel using a one fluid motion without pausing or raising before reaching the squat position. From here the athlete will move to the top position with feet in line, knees and hips extended, barbell in front rack and elbows in front of the barbell.

A power clean + front squat is not allowed.

HANG SQUAT CLEAN

From the top position of the squat clean the athlete will be hanging the barbell. From here the hang movement may start, taking care that the barbell doesn't descend under the knees line. From here a full squat position must be reached with hips under the highest point of the knees, to then reach a top position with feet in line, knees and hips extended, elbows in front of the barbell.



STANDARD

THRUSTER

From the top position of the hang squat clean the athlete will begin the thruster movement. This therefore starts from a standing tall position with the barbell in front rack.

In bottom position the athlete will need to have the hip crease under the highest point of the knee, to then reach a top position without changing the direction of movement (jerk) and finish the rep having feet in line, knees locked, hips open, elbows locked and barbell in midline over the body.

ATTENTION: it is forbidden the use of weightlifting straps or other equipments which may easen up the workout (straps). Belt and kneepads allowed.