



FIELD B
STRENGTH

SOUTHERN
WARRIORS
2 0 2 2

ELITE SENIOR
SHORT LEGS



EVENT

STRENGTH

45 SEC ON // 15 SEC TRANSITION

- PEDANA 1)** 1 SQUAT CLEAN + 5 FS @70/35
- PEDANA 2)** 1 SQUAT CLEAN + 4 FS @80/40
- PEDANA 3)** 1 SQUAT CLEAN + 3 FS @90/45
- PEDANA 4)** 1 SQUAT CLEAN + 2 FS @100/50
- PEDANA 5)** 1 SQUAT CLEAN +1 FS @ 110/55
- PEDANA 6)** 1 SQUAT CLEAN @120/60
- PEDANA 7)** 1 SQUAT CELAN @130/65
- PEDANA 8)** 1 SQUAT CLEAN @135/70
- PEDANA 9)** 1 SQUAT CLEAN @140/75
- PEDANA 10)** 1 SQUAT CLEAN @150/85

LADDER: 10 MIN

SCORE IS REP



FLOW

- The athlete waits at the gate. On “3,2,1 GO” will move to the platform and will have 45 seconds to perform a squat clean followed by 5 front squats. Once the 45 seconds are elapsed (not before) the athlete will have 15 seconds to move to the next platform.
The first five platforms are dedicated to the complex: therefore the athlete will need to perform squat clean followed by the front squats without dropping the barbell until the end of the complex.
- Starting from 6° platform the athlete will need to perform only the squat clean
- ONCE REACHED THE LAST PLATFORM :
In case he/she will lift correctly the weight, will then **proceed performing the max number of deadlifts** with the same weight.
- IN CASE OF EARLY STOP:
If an athlete doesn't want to lift the weight on the next platform, he/she may choose to stop and perform max deadlifts in order to obtain a favorable score (the deadlifts are considered a tie break)
- **To perform the deadlift is MANDATORY to complete the squat clean.**
- **Once performed the deadlifts the athlete have to exit the floor** having completed the event.



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.

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

DEADLIFT

The barbell starts on the ground, touch and go allowed, bouncing forbidden. Hands must be placed outside the knees (sumo deadlift is not allowed). In top position the athlete will need to have feet in line, knees and hips extended, straight arms. The arms must be straight throughout the entire movement (rowing is not allowed). Shoulders must be behind the perpendicular of the barbell.

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