



FIELD B
STRENGTH

SOUTHERN

WARRIORS

2 0 2 2

REPS OVER REPS

EXPERIENCE



EVENT

STRENGTH

AMRAP: 10 MIN


A) 2 ROUND OF
9 DEADLIFT
6 HANG SQUAT CLEAN
3 SHOULDER TO OVERHEAD
THEN LOAD THE BARBELL

B) 2 ROUND OF
9 DEADLIFT
6 HANG SQUAT CLEAN
3 SHOULDER TO OVERHEAD
THEN LOAD THE BARBELL

C) 2 ROUND OF
9 DEADLIFT
6 HANG SQUAT CLEAN
3 SHOULDER TO OVERHEAD
THEN LOAD THE BARBELL

D) MAX REP OF
9 DEADLIFT
6 HANG SQUAT CLEAN
3 SHOULDER TO OVERHEAD

SCORE IS: REP



FLOW

- The athlete waits outside the platform.
- On 3,2,1 go will need to perform two rounds of: 9 deadlifts, followed by 6 hang squat cleans and finally 3 shoulder to overhead.
- Once finished the two rounds the athlete will load the barbell and perform other 2 rounds with the increased load: 9 deadlift, 6 hang squat clean and finally 3 shoulder to overhead.
- Will load again the barbell and perform other two rounds of: 9 deadlift, 6 hang squat clean e 3 shoulder to overhead.
- Will load one last time the barbell and for the remaining time will accumulate max reps of 9 deadlift, 6 hang squat clean, 3 shoulder to overhead.



WEIGHT AND VARIATIONS M/F

MALE

2 ROUND: 40 KG THEN LOAD THE BARBELL

2 ROUND: 45 KG THEN LOAD THE BARBELL

2 ROUND: 50 KG THEN LOAD THE BARBELL

MAX REP: 55 KG

FEMALE

2 ROUND: 25 KG THEN LOAD THE BARBELL

2 ROUND: 30 KG THEN LOAD THE BARBELL

2 ROUND: 35 KG THEN LOAD THE BARBELL

MAX REP: 40 KG

BARBELL LOADED WITH ONLY 5 KG: NO DROP



STANDARD

DEADLIFT

In top position the athlete has feet in line, knees and hips extended, shoulders and head behind the perpendicular of the barbell. Touch and go allowed, bouncing forbidden.

HANG SQUAT CLEAN

The athlete will need to lift the barbell through a deadlift.
First requirement: reach a full extension with the deadlift (knees locked, hips open, shoulders behind the vertical of 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.

(IT IS NOT REQUIRED A ONE FLUID MOTION)



STANDARD

SHOULDER TO OVERHEAD

The rep starts with the barbell on the shoulders. Through a press, push press, push jerk, split jerk the athlete will need to be in top position with feet in line, knees locked, hips open, elbows locked and barbell in midline over the body.