



APHRODITE GAMES 2020 QUALIFIERS

WORKOUT 1

AMRAP 9 min:

- 50 Burpee Box Jumps over 60/50 cm
- unbroken set of 5 Deadlifts + 3 Hang Power Cleans + max Thrusters 60/40 kg

Score: total reps of Thrusters

Submit the scores **until 11:59 PM (GMT +2), March 2**

Tiebreak: at the end of 50 Box Jumps over, time should be marked

LOADING AND VARIATIONS

Masters 45+: 50/35 kg

Juniors: 50/35 kg

Intermediate categories: 45/30 kg

NOTES

The workout begins with the athlete standing tall near the box. After the call of "3, 2, 1 ... go," the athlete may perform 50 burpee box jumps over followed by the unbroken set of 5 deadlifts + 3 hang power cleans + maximum reps of thrusters. The athlete can pause with barbell in hang position while performing deadlifts, in hang or front rack position while performing hang power cleans and in front rack or overhead position while performing thrusters. Once the athlete pauses in any other position or drop the barbell, he or she must start at the beginning of the unbroken set required.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of burpee box jumps over, time should be marked. When you submit your final result, your score will be the number of reps of thrusters completed. There will be another field where you will enter the elapsed time at which you completed your final rep of burpee box jumps over. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak will be ranked higher.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the box, plates, and barbell to be used so the height and loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all exercises can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

BURPEE BOX JUMPS OVER

The burpee box jump-over starts with the athlete laying near the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box. It is not required the athlete remains perpendicular to the box. In the box jump-over, there is no requirement a two-foot takeoff and to stand tall while on top of the box.

The athlete may step up on the box and step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it. Only the athlete's feet may touch the box. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

DEADLIFT

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the head and shoulders behind the bar. The arms must be straight throughout. No bouncing.

The athlete can pause with barbell in hang position while performing deadlifts, in hang or front rack position while performing hang power cleans and in front rack or overhead position while performing thrusters. Once the athlete pauses in any other position or drop the barbell, he or she must start at the beginning of the unbroken set required.

HANG POWER CLEAN

Each repetition must start from the hang. The bar may not be lowered past the knee. The arms must reach full extension in the bottom of the hang position. Any variation of the hang clean is acceptable (power, squat, split or muscle), as long as the above requirements are met.

The rep is complete when the athlete's hips and knees are fully extended, and the bar is racked on the shoulders with the elbows clearly in front of the bar. If a split clean is used, the feet must be brought back together under the athlete's body, with the hips and knees fully extended, before the repetition is counted.

THRUSTER

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The hip crease must clearly pass below the top of the knees in the bottom position.

The rep is credited when the barbell is locked out overhead, with the athlete's hips, knees, and arms fully extended, and the bar directly over the middle of the body. The athlete must complete the rep in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.





APHRODITE GAMES 2020 QUALIFIER SCORECARD

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50 Burpee Box Jump-over		TIME
5 Deadlifts	3 Hang Power Cleans	max Thrusters
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		TOTAL REPS OF THRUSTERS

Athlete name
Score TOTAL REPS OF THRUSTERS
Tiebreak time