



APHRODITE GAMES 2020 QUALIFIERS

WORKOUT 2A & B

Elite and Age categories

On a 12-minute clock

A. For time 9-7-5-3 reps:

- Muscle-Ups

- Cleans 100/65 kg

5m Handstand Walk after every movement

Time cap: 9 min

B. In remaining time find:

- 1-rep-max Snatch

Score:

2A - time under 9 min or time cap + number of completed reps

2B - weight in kg

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

LOADING AND VARIATIONS

Masters 45+: Bar Muscle-Ups, 80/55 kg

Juniors: 80/55 kg

NOTES

Prior to starting this workout, the athlete will need to mark a starting point on the floor, then measure out 5 meters and make another mark on the floor at the finishing point. These 5 meters section will count as 1 rep.

The workout begins with the athlete standing under the rings. At the call of "3-2-1 ... go," the athlete will jump up and perform 9 muscle-ups, followed by 5m handstand walk, 9 cleans, and 5m handstand walk again. Then the athlete will move back to the rings and begin the next round with 7 muscle-ups, followed by 5m handstand walk, 7 cleans, 5m handstand walk and so on - each round, the reps of muscle-ups and cleans decrease while distance of handstand walk after every movement remains the same. The part A of the workout is over when the athlete finishes the second 5m section of handstand walk of the round with 3 muscle-ups and 3 cleans, or when the clock reaches 9 minutes. Then part B will begin with the same running clock. The athlete will have time till 12:00 to find 1-rep-max Snatch.

The snatch must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful lift. The minimum weight increase will be 2.5kg. The athlete may receive assistance from other people to load the barbell or use multiple barbells.

The athlete's score for part A will be the total time it takes to complete all 56 reps or time cap + number of completed reps.

The athlete's score for part B will be the heaviest weight successfully snatched, in kg.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates, and barbell so the weight can be seen clearly. Also film the measuring process for the length of the floor marks for the handstand walk. 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.

MUSCLE UP

For the muscle-up, begin hanging from the rings, with arms fully extended and feet off the ground. If performing consecutive kipping muscle-ups, a change of direction below the rings is required.

The rep is credited when the elbows are fully locked out in the support position. Must pass through some portion of a dip before reaching lockout. Kipping is allowed, but swings or rolls to support are not permitted. No part of the foot may rise above the rings during the kip.

BAR MUSCLE UP

In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.





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Elite and Age categories

HANDSTAND WALK

Prior to starting this workout, the athlete will need to mark a starting point on the floor, then measure out 5 meters and make another mark on the floor at the finishing point.

The athlete must start with the hands (entire hand, including palm and fingers) behind the mark denoting the start of the section. When kicking up, stepping across the line or landing with the hands on or over the line constitutes a no rep.

Athletes must walk forward. If the athlete comes down at any time, the athlete must restart from the starting line. Both hands, including palms and fingers, must touch the ground in front of the finishing line to earn credit for that section. One 5 meters section will count as 1 rep. Athletes must handstand walk across the line and may not jump both hands over the line to finish a section.

CLEAN

Each rep begins with the barbell on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front-rack position with the elbows in front of the bar. The lockout position must be reached before the bar leaves the shoulders; "popping" the barbell out of the rack as the athlete is reaching full extension is not permitted. Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not permitted.

SNATCH

The athlete will move the bar from the ground to overhead in one smooth motion. Stopping at the shoulder is not permitted. A muscle snatch, power snatch, squat snatch or split snatch may be used. The rep will be completed when the athlete stands up to full extension with the bar overhead and both feet under hips. The athlete may not touch the platform with any part of the body other than the feet. Hang snatch is not allowed.





APHRODITE GAMES 2020 QUALIFIER SCORECARD

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- Muscle-Ups

- Cleans 100/65 kg

5m Handstand Walk after every movement

Time cap: 9 min

B. In remaining time find:

- 1-rep-max Snatch

Score:

2A - time under 9 min or time cap
+ number of completed reps

2B – weight in kg

Submit the scores

until 11:59 PM (GMT +2), March 11

LOADING AND VARIATIONS

Masters 45+: Bar Muscle-Ups, 80/55 kg

Juniors: 80/55 kg

WORKOUT 2A

Round 1

9 Muscle-Ups	9
5 m Handstand Walk	1
9 Cleans	9
5 m Handstand Walk	1

20

Round 2

7 Muscle-Ups	7
5 m Handstand Walk	1
7 Cleans	7
5 m Handstand Walk	1

36

Round 3

5 Muscle-Ups	5
5 m Handstand Walk	1
5 Cleans	5
5 m Handstand Walk	1

48

Round 4

3 Muscle-Ups	3
5 m Handstand Walk	1
3 Cleans	3
5 m Handstand Walk	1

56

WORKOUT 2B

Snatch					
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Athlete name
Score part A TIME UNDER 9 MIN OR TIME CAP + NUMBER OF COMPLETED REPS
Score part B WEIGHT IN KG



APHRODITE GAMES 2020 QUALIFIERS

WORKOUT 2A & B

Intermediate categories

On a 12-minute clock

A. 5 rounds for time:
- 9 Toes to bar
- 5 Cleans 75/50 kg
7m Dumbbell Overhead Lunges 22.5/15 kg after every movement

Time cap: 9 min

B. In remaining time find:
- 1-rep-max Front Squat

Score:

2A - time under 9 min or time cap

+ number of completed reps

2B – weight in kg

Submit the scores

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

NOTES

Prior to starting this workout, the athlete will need to mark a starting point on the floor, then measure out 7 meters and make another mark on the floor at the finishing point. These 7 meters section will count as 1 rep.

This workout begins with the athlete standing on the floor under the pull-up bar. After the call of "3, 2, 1... go," the athlete may jump up and perform toe-to-bars. After 9 reps are complete, the athlete will move to the dumbbell, pick up it and lunge with it overhead for 7 meters. The athlete then will perform 5 cleans, 7m overhead lunges again and move to the pull-up bar for the next round. The part A of the workout is over when the athlete finishes second 7-m-section of overhead lunges of round five, or when the clock reaches 9 minutes. Then part B will begin with the same running clock. The athlete will have time till 12:00 to find a 1-rep-max front squat.

The front squat must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful front squat. The minimum weight increase will be 2.5kg. The athlete may receive assistance from other people to load the barbell.

The athlete's score for part A will be the total time it takes to complete all 80 reps, or time cap + number of completed reps.

The athlete's score for part B will be the heaviest weight with which the athlete performed successful front squat, in kg.

VIDEO SUBMISSION STANDARTS

Prior to starting, film the plates, barbell and the dumbbell so the weight can be seen clearly. Also film the measuring process for the length of the floor marks for the overhead lunge. 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.

TOES TO BAR

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.

Both feet must come into contact with the bar at the same time, inside the hands.

WALKING LUNGES

This is a single-arm overhead walking lunge. Each lunge begins with a dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the section being attempted.

At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbell must be above the height of the athlete's head. If, during the lunge, either the head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the start of the section in order to continue.

The rep is credited when the athlete gets both heels across the line, has the dumbbell in the overhead position and is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step. Shuffle steps between steps are not allowed.

Each 7 meters section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the mark denoting the start of the section.





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WORKOUT 2A & B

Intermediate categories

CLEAN

Each rep begins with the barbell on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front-rack position with the elbows in front of the bar. The lockout position must be reached before the bar leaves the shoulders; "popping" the barbell out of the rack as the athlete is reaching full extension is not permitted. Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not permitted.

FRONT SQUAT

The bar should be taken from the rack and may be pre-loaded. The athlete must go down to a full squat where the crease of the hip is lower than the top of the knee and then stand back to full extension - the knees, and hips are fully extended with the bar supported at the shoulders in a front rack position. Crossing of the arms is not allowed. You may either re-rack or drop the barbell after your successful rep is completed.

There is no limit to the number of attempts that can be made. The minimum weight increase will be 2.5kg.





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- 5 Cleans 75/50 kg
7m Dumbbell Overhead Lunges 22.5/15 kg
after every movement

Time cap: 9 min

B. In remaining time find:
- 1-rep-max Front Squat

Score:

2A - time under 9 min or time cap

+ number of completed reps

2B – weight in kg

Submit the scores

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

WORKOUT 2A

	Round 1	Round 2	Round 3	Round 4	Round 5
9 Toes to bar	9	9	9	9	9
7 m Overhead lunges	1	1	1	1	1
5 Cleans	5	5	5	5	5
7 m Overhead lunges	1	1	1	1	1
	16	32	48	64	80

WORKOUT 2B

Front squat					
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Athlete name

Score part A

TIME UNDER 9 MIN OR TIME CAP + NUMBER OF COMPLETED REPS

Score part B

WEIGHT IN KG