



Presented by Reign Total Body Fuel

· Saturday & Sunday, MAR 14th & 15th 2020

· Shreveport Convention Center

· Shreveport, LA

BURPEE WHAT?

On a 10 Minute running clock:

- Perform 3, 6, 9, 12 reps of axle barbell:
 - Burpee Deadlift
 - Thrusters

Then, in the remaining time, perform heaviest possible unbroken complex of standard barbell:

- Clean, Front Squat, Hang Squat Clean & Jerk

DAY: Saturday

LOCATION: Secondary Floor

TIMECAP: 10 minutes (individuals and teams)

NOTES

Each athlete will begin standing tall above the axle barbell. At the call of "3,2,1, go!" the athlete will begin with 3 Burpee DL, then perform 3 Thrusters. The workout will continue with 6/6, 9/9, 12/12 of this couplet. Each athlete then has the remaining time to complete the heaviest possible unbroken standard barbell complex. The athlete may attempt the complex as many times as possible within the time cap.

SCORING

- There will be TWO scores for this WOD:
 - 1) Time to complete the couplet
 - 2) Heaviest weight of complex successfully completed

TIEBREAK

- None.

EQUIPMENT

- AXLE BARBELL with clips for the couplet.
- STANDARD BARBELL with clips for the complex.
- Grips or wrist wraps, if preferred.
- Chalk will be available.

VARIATIONS

Weights vary by division

- **Pro:** 135/95#
- **RX (individuals and teams):** 115/85#
- **40-49 and Intermediate teams:** 95/65#
- **50+ and Scaled (individuals and teams):** 75/55#

MOVEMENT STANDARDS

- **Burpee DL:** Each rep begins with the athlete standing tall. The burpee is performed while gripping the axle bar, immediately followed by a deadlift. The chest must contact the bar at the bottom of the burpee portion, and the athlete must stand tall with hips and knees fully extended and shoulders behind the vertical plane of the bar at completion of the deadlift portion. Both hands must remain in contact with the bar throughout the burpee deadlift rep until completion at the top of the deadlift. Alternating grip is allowed. Touch and go is permitted. The bar may be dropped between reps after completion of the deadlift. The knees may touch the ground and step backs and step ups allowed, as long as all standards above met.
- **Thruster:** This is an axle barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead in one motion. The hip crease must pass below the knees at the bottom of the rep. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly overhead at the top of the rep. A squat clean into the first thruster is allowed.
- **Barbell Complex:** The athlete must complete all movements unbroken. Each component of the complex will be judged according to the standards for the movement, as follows:
 - **Clean:** Any style of clean is acceptable (muscle, power, or squat). The athlete must stand tall at the top of the lift with hips and knees fully extended and in front rack position with a discernable stop before beginning the Front Squat.
 - **Front squat:** This portion of the complex must start from full standing position with barbell in front rack position. The hip crease must pass below the knees at the bottom of the rep. The athlete must reach full extension at the top in front rack position with a discernable stop before beginning the hang squat clean.
 - **Hang squat clean:** Begin the rep in the hang position, with the barbell anywhere below the hip crease without touching the floor. The hip crease must be lower than the knees in the bottom of the squat and the athlete must stand tall at the top of the lift with hips and knees fully extended and be in front rack position at end of lift. There is no requirement to pause before the Jerk that follows.
 - **Jerk:** The final part of the complex begins from the front rack position at the end of the hang squat clean and finishes with weight under control fully overhead with hips, shoulders, and elbows locked out. Any form of jerk is acceptable. A “cluster,” or clean into thruster, from the hang position will be allowed.

TEAMS

- All movements will be performed in synchronization, with the athlete pair in synch at the top of each deadlift, and at the top of each thruster.
- The score for the heavy complex will be the total of the individual weights lifted by each of the two athletes. Each athlete must complete one attempt. No other restrictions on the lift. Partners may assist each other changing weights.

SCORECARD: BURPEE WHAT?



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| | Burpee DL | Thruster |
|-------|-----------|----------|
| 3 | | |
| 6 | | |
| 9 | | |
| 12 | | |
| TIME: | | |

| Weight Lifted | | | |
|---------------|-------------|--------------|-----------|
| | Individuals | Teams Weight | |
| | Weight | Lifter #1 | Lifter #2 |
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |
| #6 | | | |
| #7 | | | |
| #8 | | | |