



TEAM ONLINE QUALIFIER

December 6th-16th, 2019

WORKOUT 2&3

All workout scores due Monday, December 16th at 8pm EST

FILT50

SCORECARD

9 REPS MAX - OVERHEAD SQUAT

WOD 2: MALE+MALE
WOD 2: FEMALE + FEMALE

WOMEN:

Pairs split 9 Total Rep Max
Overhead Squat

MEN

Pairs split 9 Total Rep Max
Overhead Squat



CAP: NA



SCORES: Weights

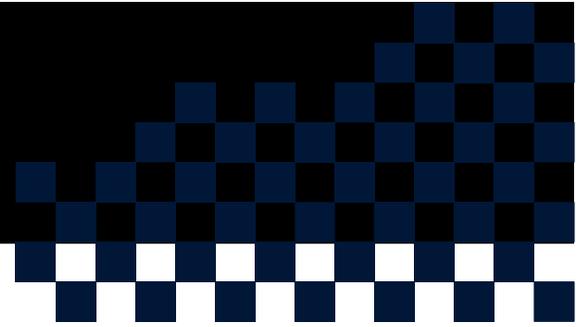
#BEREMEMBERED

#MONTREAL2020



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FLOW

This workout is scored by the total 9RM between the two members of the same gender. Workout 2 is a 9RM for both men, workout 3 is the 9RM for both women.

Athletes can break up the 9RM however they wish.

If male 1 performs only 1 Overhead Squat, male 2 must perform 8.

If male 1 performs 6 Overhead Squats, male 2 must perform 3.

The same goes for the female version of the workout.

The team's score is the total of each sex.

The barbell can come off of the rack, floor or shoulders.

All scores must be submitted in pounds (lbs) regardless if performed in kilograms (kg).

SCORING

This workout is scored as the combined weight of each athlete's repetition of the 9RM Overhead Squat.

MOVEMENT STANDARDS

Overhead Squat

The hip crease must be below the top of the knee in the bottom position. A squat snatch is permitted, but not required, to start the first repetition as long as the standard depth is achieved. The bar may come off a rack, cleaned and back racked, etc.

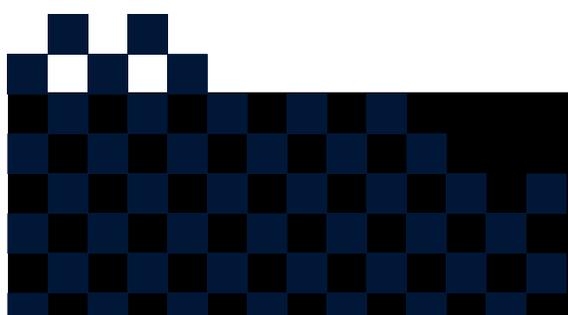
Once the crease of the hip has gone below parallel, the athlete can stand to full extension with the barbell in an overhead position.

Clips must be used for all lifts to be counted.

FILTSO

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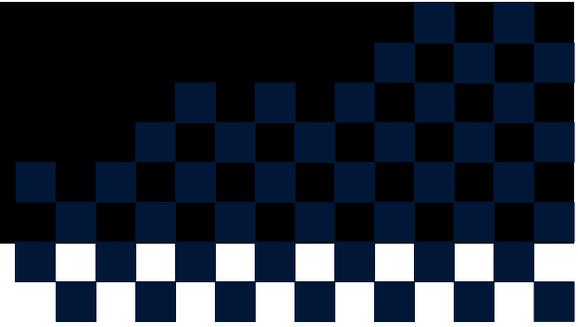
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MOVEMENT STANDARDS

EQUIPMENT

BARBELL
CLIPS
PLATES

VIDEO SUBMISSION

Prior to starting, the athlete must state their name, workout being performed and clearly film the barbell and weights to be used so the weight can be identified. The height of the box must be measured and clearly shown in the video.

All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout.

Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.

A decorative graphic consisting of a grid of blue and white squares, arranged in a pattern that tapers to the left.

FILTSO

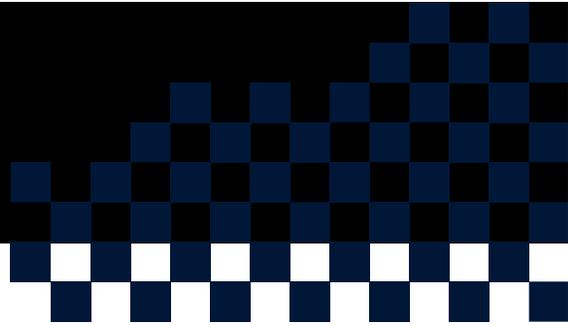
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WORKOUT 2&3

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SCORE SUBMISSION DUE: MONDAY, DECEMBER 16TH AT 8PM ET

WOD 2

WOD 3

MALE 1

OF REPS

WEIGHT

FEMALE 1

OF REPS

WEIGHT

MALE 2

FEMALE 2



REPS

WEIGHT

ATHLETE NAME:

SIGNATURE:

JUDGE NAME

MALE 1

FEMALE 1

+

+

MALE 2

FEMALE 2

=

=

WOD 2
SCORE

WOD 3
SCORE

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