



QUAL 19.2 A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

QUAL 19.2A / FOR TOTAL REPS - 0:00-10:00 TIME

| MOVEMENTS | 1 | 2 | 3 |
|--|------------|------------|------------|
| 30 HANG POWER CLEANS RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 55KG FEMALE: 35KG | | | |
| 50 PULL UPS | | | |
| 30 FRONT SQUATS RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 55KG FEMALE: 35KG | | | |
| 30 CHEST TO BAR PULLUPS | | | |
| 30 SHOULDER TO OH. RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 55KG FEMALE: 35KG | | | |
| 10 BAR MUSCLE UPS | | | |
| POSSIBLE REPS | 180 | 360 | 540 |

QUAL 19.2B / FOR MAX WEIGHT - 10:00-16:00 TIME

| MOVEMENTS | ATTEMPTS - CIRCLE MAX ACHIEVED |
|---|--------------------------------|
| 1RM OF COMPLEX - ATH. 1 3 HANG CLEANS + 2 FRONT SQUATS + 1 S2OH | |
| 1RM OF COMPLEX - ATH. 2 3 HANG CLEANS + 2 FRONT SQUATS + 1 S2OH | |

**YOUR QUAL 19.2A SCORE:
FOR TOTAL REPS**

**YOUR QUAL 19.2B SCORE:
FOR MAX WEIGHT**

SCORE IS DETERMINED BY THE TOTAL REPS AND THE 1RM WEIGHT OF COMPLEX

On 3-2-1 GO between 0-10 Minutes teams will AMRAP the work listed in 2A. Athletes can share all workload over the 10 minute period. If a full round is completed within the time frame the athletes begin again from the Hang Power Cleans. At the 10 minute mark teams will work from 10-16 minutes to establish a heavy complex as stated in 2B. After the 6 minute period athletes will combine their heaviest complex to give a total combine weight for part B.

| | | | | |
|-----------------|----------------|-----------|----------------|------------|
| GENDER | DIVISION | TEAM NAME | TEAM SIGNATURE | JUDGE INT. |
| O Male O Female | O Rx O Masters | X | X | |