



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 MALE: 40KG FEMALE: 25KG			
50 HAND RELEASE PU			
30 FRONT SQUATS MALE: 40KG FEMALE: 25KG			
50 KNEE APART SIT UPS			
30 SHOULDER TO OH. MALE: 40KG FEMALE: 25KG			
50 PULLUPS / BANDED PU 2 BANDED PULL UPS = 1 PULLUP			
POSSIBLE REPS	240	480	720

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

MOVEMENTS	ATTEMPTS - CIRCLE MAX ACHIEVED
1RM OF COMPLEX - ATH. 1 1 HANG CLEAN + 1 FRONT SQUAT + 1 SHOULDER TO OH.	
1RM OF COMPLEX - ATH. 2 1 HANG CLEAN + 1 FRONT SQUAT + 1 SHOULDER TO OH.	

**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	TEAM NAME	TEAM SIGNATURE	JUDGE INT.
O Male O Female	X	X	