



EQUIPMENT

To complete this workout you will need:

- Pull up bar
- One barbell, Team two barbells
- For the purpose of this competition, 15-kg barbells will be considered to be Sport category 5kg, Elite category 10kg, and 20-kg barbells will be considered to be Sport category 2,5kg and 5kg, Elite category 15kg
- Collars
- Plates

NOTES

This workout begins with the barbell on the ground and the athlete standing tall. At the call of 'GO', the athlete may begin their first set of squats and toes to bar, moving through the entire list of movements until all reps and movements are completed in the order written.

Your score for this workout will be time completed.

All athletes should carefully review the workout standards for movement, rep and load variations across divisions.

Team

This workout begins with the barbell on the ground and the athletes standing tall. At the call of 'GO', the athletes may begin their first set of synchronized squats and toes to bar, moving through the entire list of movements until all reps and movements are completed in the order written. Athletes in toes to bar may change as they wish during workout.

Your score for this workout will be time completed.

All athletes should carefully review the workout standards for movement, rep and load variations across divisions.