

ONLINE SEMIFINALS - INDIVIDUALS

WEEK 3: 12:00 P.M. (NOON) PT THURSDAY, JUNE 10, THROUGH 12:00 P.M. (NOON) PT FRIDAY, JUNE 11

WEEK 4: 12:00 P.M. (NOON) PT THURSDAY, JUNE 17, THROUGH 12:00 P.M. (NOON) PT FRIDAY, JUNE 18

Presented by



EVENT 2

For time:

50 dumbbell shoulder-to-overheads

50 dumbbell deadlifts

50 GHD sit-ups

100 single-arm dumbbell
overhead squats

50 GHD sit-ups

50 dumbbell deadlifts

50 dumbbell shoulder-to-overheads

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

Time cap: 25 min.

NOTES

Prior to starting the workout, set up the workout area as shown in the floor plan. The athlete should face the camera during all dumbbell movements.

This workout begins with the athlete standing behind the first 5-foot work zone. At "3, 2, 1 ... go," the athlete will move their dumbbells into the first work zone to complete 50 dumbbell shoulder-to-overheads. Then they will advance the dumbbells to the next work zone for 50 dumbbell deadlifts. After completing the dumbbell deadlifts, they may move a single dumbbell to the final work zone beyond the GHD, then return to the GHD for 50 GHD sit-ups. After the GHD sit-ups, they can move to the final work zone and accumulate 100 single-arm dumbbell overhead squats, switching arms as needed. Finally, they will move the dumbbells back to the deadlift work zone and cycle through each movement in the same fashion. Time stops after they complete the final dumbbell shoulder-to-overhead.

The athlete's score will be the total time it takes to complete the event or the total number of repetitions completed at the time cap. There is no tiebreak for this event.

After the workout is complete, the athlete will walk to the camera and state the password BEFORE moving or turning off the camera.

EQUIPMENT

- Two dumbbells, 50/35 lb.
- GHD set to the appropriate height
- Tape to mark the floor

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.) and 22.5 kg (50 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances, weights, and heights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

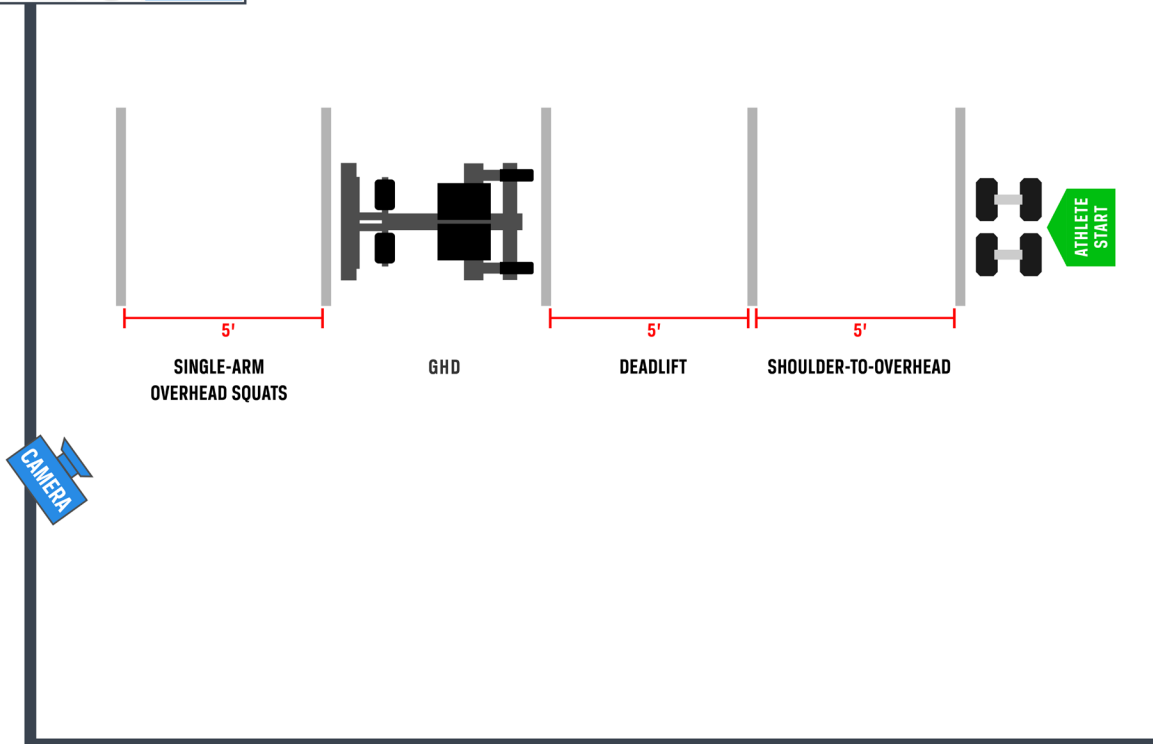
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SEMIFINALS
INDIVIDUALS
FLOOR PLAN
EVENT 2



MOVEMENT STANDARDS

DUMBBELL SHOULDER-TO-OVERHEAD



- The athlete and dumbbells must remain in the designated work zone.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- The dumbbells must be at the shoulders with the hands below the ears to begin the shoulder-to-overhead.
- A press, push press, push jerk, or split jerk are all permitted as long as the finish position is achieved.



- The rep is credited when the dumbbells are locked out overhead.
- The athlete's arms, hips, and legs must be fully extended before they lower the dumbbells.
- The center of both dumbbells must be over or slightly behind the center of the athlete's body, with the feet in line.
- Athletes may **NOT** have assistance resetting or moving equipment during the workout.

DUMBBELL DEADLIFT



- The athlete and dumbbells must remain in the designated work zone.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- The athlete must hold the dumbbells by the handles, outside the legs. Sumo deadlifts are not allowed.
- Each rep begins with at least the front head of both dumbbells touching the ground at the same time.



- The rep is credited when the athlete's hips and knees are at full extension, and the athlete's head and shoulders are in line vertically over the hips.
- Deliberate bouncing of the dumbbells is not allowed.



RAM

MOVEMENT STANDARDS

GHD SIT-UP



- Each rep begins and ends with the athlete seated at the top of the GHD with their hands touching the foot pads.



- The athlete must touch the ground or designated riser with both hands before returning to the seated position.
- The touch on the ground or riser must be overhead, not to the side of the body.
- The fingers must be at least in line with the top of the head when the athlete is viewed from profile.



- The rep is credited when both hands touch the foot pads.



- Equipment note: The distance from the top of the seat pad to the floor may be no fewer than 40 inches for men and 37 inches for women.

MOVEMENT STANDARDS

GHD SIT-UP (CONTINUED)



- If the athlete is using a GHD that **exceeds** the 40/37-inch requirement, they may touch an elevated target that creates the 40/37-inch distance (i.e., they may use a 6-inch riser on a 43-inch GHD to create a net height of 37 inches).



- If the athlete is using a GHD that is **below** the 40/37-inch requirement, they may elevate the GHD to create the 40/37-inch distance.

SINGLE-ARM DUMBBELL OVERHEAD SQUAT



- The athlete and dumbbells must remain in the designated work zone.
- If the athlete's feet touch or cross the lines at any time, the rep will not count.
- Athletes must hold the handle of the dumbbell, and the dumbbell must remain horizontal.
- Each rep begins and ends with the athlete's hips and knees fully extended, head and shoulders in line vertically over the hips, and the dumbbell locked out overhead.
- A full snatch may be used for any rep that begins with the dumbbell on the floor.



- At the bottom, the hip crease must pass below the top of the knees.
- The non-lifting hand and arm may not be in contact with the body during the repetition.
- Pushing off the hips or legs, or stabilizing the dumbbell with the free hand, is a "no rep."

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MOVEMENT STANDARDS

SINGLE-ARM DUMBBELL OVERHEAD SQUAT (CONTINUED)



- Credit is given when the athlete returns to a position with the dumbbell overhead, the hips and knees fully extended, and the head and shoulders in line vertically over the hips.
- Athletes may switch hands as desired. There is no minimum or maximum on each arm.
- If the dumbbell makes contact with any part of the athlete's body (i.e., the head or shoulder) during the squat, the rep will not count.

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50 dumbbell shoulder-to-overheads

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Time cap: 25 min.

50 DUMBBELL SHOULDER-TO-OVERHEADS	50
50 DUMBBELL DEADLIFTS	100
50 GHD SIT-UPS	150
100 SINGLE-ARM DUMBBELL OVERHEAD SQUATS	250
50 GHD SIT-UPS	300
50 DUMBBELL DEADLIFTS	350
50 DUMBBELL SHOULDER-TO-OVERHEADS	400

Athlete Name _____
Print

Time OR Reps at 25 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

ONLINE SEMIFINALS - INDIVIDUALS - EVENT 2

Athlete Name _____
Print

Time OR Reps at 25 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date