

WORKOUT

Complete as many rounds and reps as possible in 5 minutes of:

MEN

Includes Masters Men up to 54 years old

**Squat clean
 Jerk
 (165lbs / 75kg)**

WOMEN

Includes Masters Women up to 54 years old

**Squat clean
 Jerk
 (110lbs / 50kg)**

MASTERS *men*

Includes Masters Men 55+

**Squat clean
 Jerk
 (135lbs / 62kg)**

MASTERS *women*

Includes Masters Women 55+

**Squat clean
 Jerk
 (75lbs / 35kg)**

MOVEMENT STANDARDS

Squat clean and Jerk

In this movement, the barbell goes from ground to overhead with the athlete passing through a full squat position while the barbell is racked on the shoulders. This can be a full-squat-clean-thruster, a power-clean-front-squat-split-jerk, or anything in between as long as the three key positions are reached.



The barbell begins on the ground. Touch and go is permitted. No bouncing.



The athlete must pass through a full squat with hips below knees.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

REQUIRED EQUIPMENT:

To complete this workout, you will need a barbell loaded to the appropriate weight for your gender and age group.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. One round includes a squat clean and a jerk. You must complete the squat clean before moving on to the jerk and you must complete the jerk before moving on to the next squat clean. If you miss a jerk you may power clean the bar to set up your jerk attempt. You may not rest the bar on a rack between the squat clean and the jerk. You will enter your result by the number of rounds completed, plus an additional squat clean if the final round is incomplete.



CFG OPEN 11.3
 17:00 PDT Tuesday, April 5
 through
 17:00 PDT Sunday, April 10

Complete as many rounds and reps as possible in 5 minutes of:
 Squat clean
 Jerk

SCORE CARD

Athlete Name _____

Judge Name _____

ROUND #	SQUAT CLEAN	JERK	ROUND #	SQUAT CLEAN	JERK
1			26		
2			27		
3			28		
4			29		
5			30		
6			31		
7			32		
8			33		
9			34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		
24			49		
25			50		

TOTAL COMPLETED ROUNDS	_____ Rounds
ADDITIONAL SQUAT CLEAN	_____ Squat clean