

**19.3 For time**

30 Deadlifts (F:30kg M:40kg)  
20 Box jumps  
30 Cleans (F:30kg M:40kg)  
20 Toes-to-bar  
30 Shoulders to overhead (F:30kg M:40kg)  
20 Handstand push-up

20 Deadlifts (F: 40kg M:60kg)  
20 Box jumps  
20 Cleans (F: 40kg M:60kg)  
20 Toes-to-bar  
20 Shoulders to overhead (F: 40kg M:60kg)  
20 Handstand push-up

10 Deadlifts (F: 60kg M:80kg)  
20 Box jumps  
10 Cleans (F: 60kg M:80kg)  
20 Toes-to-bar  
10 Shoulders to overhead (F: 60kg M:80kg)  
20 Handstand push-up

**Rules of the workout:**

- **RX** This workout is performed twice. Once by the F/F pair, and once by the M/M pair.
- **RX** This workout has a tiebreaker after completing the handstand push-ups in each round.
- **RX** This workout allows for 1 barbell, your teammates can load the barbell for you.
- **RX** The score of the workout is the sum of time by the F/F pair and M/M pair. There is no time-cap for this workout.
- **SCALED** This workout is performed twice. Once by the F/F pair, and once by the M/M pair.
- **SCALED** The score of the workout is the total amount of repetitions completed at the 10-minute time-cap.

**19.3 SCALED 10 min AMRAP**

30 Deadlifts (F:30kg M:40kg)  
20 Box jumps  
30 Cleans (F:30kg M:40kg)  
20 Box jumps-over  
30 Shoulder to overhead (F:30kg M:40kg)  
20 Burpee box jumps



**Deadlift**

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and th(e head and shoulders are behind the bar. The arms must be straight throughout. No bouncing.



**Clean**

The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next rep. The athlete can perform a muscle, power or full squat clean for the rep to count. A deadlift followed by a hang clean is not allowed. The rep is counted when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.



**Shoulder-to-overhead**

The shoulder-to-overhead starts in the front rack position. The athlete can perform a strict press, push press, push jerk or split jerk to complete the rep. The rep is counted when the arms are fully extended overhead, hips and legs are extended, and feet are in line with the shoulders. If the athlete performs a split jerk, they must bring their feet together for the rep to count.

**Box jump**

A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on the box using a two-foot landing and then jump or step off the box. At the top of the box, the athlete must stand tall with hips and legs fully extended. The athlete must show control when jumping on top of the box. Each rep is counted when the athlete lands back on the ground.

**Toes-to-bar**

Athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended and the heels must be brought back behind the bar. Overhand, underhand or mixed grips are all permitted. The rep is counted when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

**Handstand pushup**

Every rep begins and ends at the top of the handstand, with arms fully locked out, hips open and the body in line with the arms. The athlete's heels must be touching the wall at the top fully extended position. At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. Kipping is allowed.

**Box jump over**

There is no requirement to stand tall while on top of the box. A two-foot take off is always required, and only the athlete's feet may touch the box. The athlete may jump on the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands back on the ground on the opposite side, where they may begin their next rep.

**Burpee box jump**

The burpee box jump starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping or stepping down from the box. A two-foot take off is always required, and only the athlete's feet may touch the box. The athlete jumps on the box using a two-foot landing and then jumps or steps off. At the top of the box, the athlete must stand tall with hips and legs fully extended. Each rep is counted when the athlete lands back on the ground on the same side.