

2022 NEW ZEALAND NATIONALS ONLINE QUALIFIER  
SCORECARD



**Workout 1 | Mufasa's Maxout!**

SCORE DUE 11:59 PM, 17<sup>th</sup> AUGUST 2022

**Workout 1**

1RM Squat Clean

Cap: 2mins

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**Flow**

The competitor starts standing behind the preloaded barbell. On the sound of 3,2,1... go, the competitor may pick up the barbell and complete a Squat Clean. They may have as many attempts of the Squat Clean as they would like, in effort to achieve the heaviest possible weight. They may increase and decrease the weight as they'd like. The competitor may also have a bystander or supporters change their weights for them. Note: this workout will take place immediately prior to Workout 2.

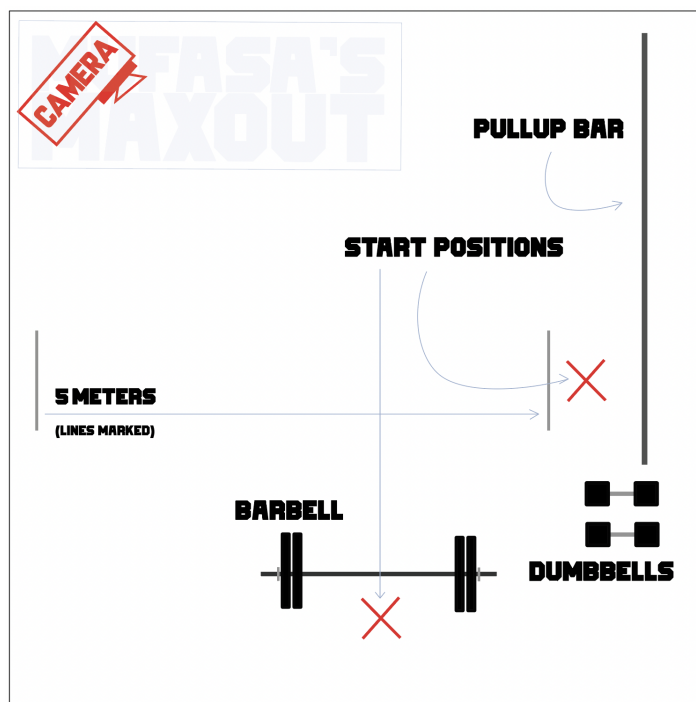
**Scoring**

Is the weight of the heaviest completed Squat Clean, within the 2min Cap.

**Movement standards**

**Squat Clean:**

The Barbell is to be loaded with the clips securely fastened. The competitor starts standing behind the Barbell. The competitor lifts the Barbell, and in one continuous motion catches in a squat with the hip crease below the knee. The competitor's elbows may not touch their knees. They then stand until the hips, knees and shoulders are in-line, at the same time the elbows must be in front of the Barbell. The competitor is NOT allowed assistance from any other person during the lift.



**Variations by division**

None.

Competitor Name: \_\_\_\_\_ Score: \_\_\_\_\_

Judge Name: \_\_\_\_\_ Signed: \_\_\_\_\_