

2023 NEW ZEALAND NATIONALS ONLINE QUALIFIER SCORECARD



Workout 2 | Squats with Squidward SCORE DUE 11:59 PM, 16th AUGUST 2023

Workout 2

EMOM until failure

3 Front Squats

*Note: Weight on the Barbell increases
by 10/5 kg per minute.*

Flow

With the Barbell pre-loaded to 40/25 kg, on the sound of 3, 2, 1... go! the competitor may complete their first 3 repetitions. The competitor will continue to complete 3 repetitions every minute, increasing in weight every minute, until they can no longer achieve the 3 repetitions at the required weight of the respective minute.

Scoring

Top weight where 3 repetitions are achieved.

Movement standards

Front Squat:

The competitor will front rack the Barbell, walk back from the rack, squat down until their hip crease goes below the top of their knee, then stand until they are fully extended with the hips, knees and shoulders in line. Pause at the top of the repetition. Then complete two more repetitions in the same manner, before re-racking the Barbell.

- > *The competitor MUST pause at the top of each repetition before either completing the next or re-racking the Barbell.*
- > *The competitor CAN NOT re-rack the Barbell until they are awarded ALL 3 repetitions.*
- > *The competitor may receive assistance to change their weights.*
- > *The competitors' elbows must NOT touch their knees throughout the lifts.*
- > *The competitor may have their hands crossed over in the frontrack, however the Barbell must stay in contact with both shoulders and hands for the duration of the repetitions.*
- > *All repetitions must be awarded prior to the expiry of the respective minute.*

Variations by division

(Nil) All divisions start @ 40/25 kg.

Weight	Reps Complete	Weight	Reps Complete
40/25	3	110/60	3
50/30	3	120/65	3
60/35	3	130/70	3
70/40	3	140/75	3
80/45	3	150/80	3
90/50	3	160/85	3
100/55	3	170/90	3



Competitor name:	Score:
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Judge Name/Sign:	
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Suggested floor plan:

