

FULL THROTTLE

DETAILED WORKOUT DESCRIPTION & MOVEMENT STANDARDS

WORKOUT OVERVIEW

For time — You Go, I Go:

12/10 Assault Bike calories
9 cleans (135/95 lb)
15 front squats (135/95 lb)
9 cleans (135/95 lb)
12/10 Assault Bike calories

(11 minute time cap)

Athlete 1 must complete the entire workout before Athlete 2 may begin. Once Athlete 1 has completed all prescribed work at every station, Athlete 2 will then complete the full workout in the same order.

HOW THE WORKOUT GOES

At the start of the clock, Athlete 1 completes 12/10 calories on the Assault Bike. After Athlete 1 finishes and clears the bike, Athlete 1 Moves onto the 9 cleans, then 15 Front Squats, then 9 cleans and finishes with 12/10 Calories on the Assault Bike. Athlete 2 will complete the exact same workout.

The workout ends when Athlete 2 completes the final required Assault Bike calorie. The team's finish time is recorded at that moment.

ASSAULT BIKE STANDARD

- The monitor must begin at zero for each athlete's set.
- The athlete may use the pedals and handles in any combination.
- The monitor must clearly display 12 calories for male athletes or 10 calories for female athletes before the athlete may exit the bike.
- Calories accumulated by the previous athlete may not carry over to the next athlete.

CLEAN STANDARD

- Each repetition begins with the barbell on the floor.
- The athlete moves the bar from the floor to the front-rack position in one continuous repetition.
- Power cleans, squat cleans, and split cleans are permitted unless otherwise announced.
- The repetition is complete when the athlete is standing tall with the hips and knees fully extended, the bar supported in the front rack, and the elbows clearly in front of the bar.
- The athlete must show control before lowering the bar.

NO REPS

- bar does not begin on the floor
- athlete fails to reach full extension
- elbows do not finish in front of the bar
- bar is dropped before control is established.

FRONT SQUAT STANDARD

- The bar begins in the front-rack position. The athlete may clean the bar from the floor to establish the starting position.
- At the bottom of each repetition, the crease of the hip must clearly pass below the top of the knee.
- The repetition is complete when the athlete stands to full extension with the hips and knees locked out and the bar controlled in the front rack.
- A squat clean may be used to begin the set, but it counts as the first front squat only if the athlete reaches the required squat depth and then stands to full extension under control.

NO REPS

- insufficient depth
- failure to reach full extension
- loss of the front-rack position
- receiving assistance from the partner.

SCORING

The score is the total elapsed time required for both athletes to complete all prescribed work.

The clock stops when Athlete 2 reaches the required calorie total on the final Assault Bike station.

Time-cap scoring: If the workout is subject to a time cap, teams that do not finish receive a score of the time cap plus one second for every required repetition or calorie remaining

SCALING

Every 10lbs = 2 seconds/rep. 33 reps =66 seconds