



Presented By:



Squat Clean You JERK Rx & Scaled

Workout 1a

For Time:

Partner 1 - Row Cals (25)

Partner 2 - Burpee Box Jump Overs (15)

Partner 1 - Burpee Box Jump Overs (15)

Partner 2 - Row Cals (25)

6 Min to complete
workouts 1a & 1b

Workout 1b

Max reps of Squat Clean & Jerk

Notes:

1a - Partners will work at the same time each completing the row and burpee box jump overs.

Note: If workout 1a not completed within the time cap, a last place score will be given for 1b. If 1a is performed scaled, 1b must also be performed scaled.

Once both partners are finished, partners switch movements performing those at the same time as well.

1a is complete once both partners have finished both movements. The rower monitor will not be reset. **If the team finishes 1a before the 6 min time, they move immediately into 1b.**

1b - With remaining time in 6 min cap, perform max reps of a squat clean and jerk. One partner will work at a time. Partners do not need to alternate. Partners do not need to perform equal reps. Squat clean and jerk together is one (1) rep. A failed squat clean or jerk is a no-rep for full C&J. See movement standards for acceptable C&J variations. Scaled teams can use less than assigned weight, however the repetitions will not count.

Variations

Rx (ages 13-99)

Calories M: 25; F: 20

Burpee Box Jump Over M: 24"; F: 20"

Squat Clean & Jerk M: 165; F: 110

Scaled (ages 13-99)

Calories M: 20; F: 15

Burpee Box Jump Over M: 24"; F: 20" Reps - M: 10; F: 10
Step-Over the box is allowed

Squat Clean & Jerk M: 135; F: 95

Tiebreak:

There is no tie break for workout 1a or 1b.

CROSSFIT
POSTED
THROWDOWN
2022

Presented By:

Squat Clean You JERK
Rx & Scaled

Old Spice

Equipment

- Concept2® Rower
 - Box measuring 24 or 20 inches
 - Barbell
 - Standard bumper plates and change plates
 - Collars
- *One rower, box, and bar (excluding mixed pair or scaled) per team

Video Submission Standards

No video submissions of this workout will be allowed. You must perform the workout during the competition.

Movement Standards

Row



The monitor on the rower must be set to zero at the beginning of the workout. The athlete must stay seated until the monitor reaches the required calories.

Burpee Box Jump Over



The burpee box jump over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box.



There is no requirement to stand tall while on the box. A two-foot take off is required and only the athlete's feet may touch the box. The athlete can either jump or step off of the box.



Each rep is counted when an athlete lands on the ground on the opposite side, where they begin the next rep.

CROSSFIT
POSTED
THROWDOWN
2022

Squat Clean You JERK
Rx & Scaled

Presented By:

Old Spice

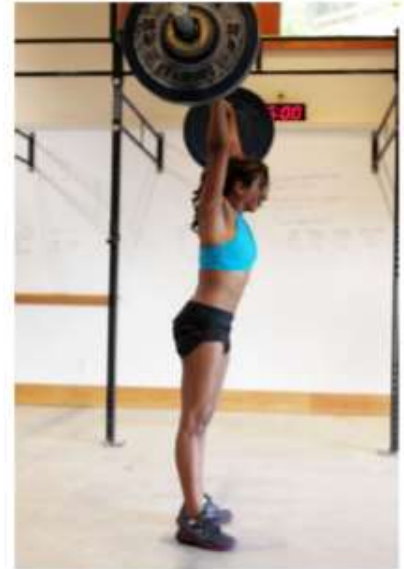
Clean and Jerk



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



The athlete must pass through a full squat with hips below the knees.
Power clean and front squat is allowed.
Squat clean thruster is allowed.



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

**Mixed pair or scaled teams must have the bar hit the floor before the other partner can begin lifting on second barbell*



Squat Clean You JERK

Scorecard

Rx & Scaled

Presented By:



Workout 1a

For Time:

Partner 1 - Row Cals (25)

Partner 2 - Burpee Box Jump Overs (15)

Partner 1 - Burpee Box Jump Overs (15)

Partner 2 - Row Cals (25)

6 Min to complete
workouts 1a & 1b

Workout 1b

Max reps of Squat Clean & Jerk

___ Cals	
___ BBJO	
___ BBJO	
___ Cals	
Max Reps	

Time: _____

Reps: _____

Variations

Rx (ages 13-99)

Calories M: 25; F: 20

Burpee Box Jump Over M: 24"; F: 20"

Squat Clean & Jerk M: 165; F: 110

Scaled (ages 13-99)

Calories M: 20; F: 15

Burpee Box Jump Over M: 24"; F: 20" Reps - M: 10; F: 10

Squat Clean & Jerk M: 135; F: 95

Team Name: _____

Rx

Scaled

Judge Name: _____

Workout 1a Time: _____

Workout 1b Reps: _____