



2021 INDIVIDUAL WORKOUT

Event 3 - The One

This is called 'The One' because you get just 1 attempt at the second phase of the workout!

Advanced Athletes

On a running clock, complete the following for max reps and time:

From 0:00-6:00: complete as many reps as possible of:

2/4-4/8-6/12-8/16*-10/20...

- Deadlifts
- Lateral Box Jump-overs

From 6:00-7:00: Rest/Transition

From 7:00-10:00: Complete a max deadlift hold, 1 attempt

Loading: M: 125-kg/24-in | F: 75-kg/20-in

Tiebreak: Time to finish the round of 8/16 completely

Intermediate Athletes

On a running clock, complete the following for max reps and time:

From 0:00-6:00: complete as many reps as possible of:

2/4-4/8-6/12-8/16*-10/20...

- Deadlifts
- Lateral Box Jump-overs

From 6:00-7:00: Rest/Transition

From 7:00-10:00: Complete a max deadlift hold, 1 attempt

Loading: M: 85-kg/24-in | F: 55-kg/20-in

Tiebreak: Time to finish the round of 8/16 completely

Masters Athletes

On a running clock, complete the following for max reps and time:

From 0:00-6:00: complete as many reps as possible of:

2/4-4/8-6/12*-8/16-10/20...

- Deadlifts
- Box Jumps

From 6:00-7:00: Rest/Transition

From 7:00-10:00: Complete a max deadlift hold, 1 attempt

Loading: M: 75-kg/20-in | F: 45-kg/20-in

Tiebreak: Time to finish the round of 6/12 completely

Note: Athletes will run 10m between their barbell and jump rope

* Tiebreaker is time to complete 6 Shoulder to Overhead

Movement Standards

Deadlifts:

Starting with the bar on the ground, the athlete will bring the bar to the hip. The rep is counted when the athlete stands with the bar to full extension of the hip, knee and ankle with their shoulders behind the plane of the bar when viewed from the side. Sumo Deadlifts, or any other variation where the hands are inside the legs, are not permitted.

Lateral Box Jump-overs:

Athletes must jump laterally from the ground onto the box with two feet i.e. both feet must leave the ground at the same time and land on top of the box at the same time. Athletes are not required to reach full extension on top the box but must jump back off the box onto the opposite side before repeating the movement until their required rep count is achieved. Both jumping and stepping down from the box are permitted.

Box Jumps (Masters Only):

Athletes must face the box and jump from the ground onto the box with two feet. They must reach full extension ON THE BOX. Reaching full extension only in the air is not permitted. In other words, the athlete's knees and hips must be fully extended while both feet are on the box (the entire foot on the box is recommended but not required). Both jumping and stepping down are permitted.

Deadlift Hold:

Athletes get one attempt with this movement. Starting with the bar on the ground, the athlete will bring the bar to the hip using both hands.

The timer will start when the athlete stands with the bar to full extension of the hip, knee and ankle with their shoulders behind the plane of the bar when viewed from the side. The timer will stop the moment the Athlete drops the bar or fails to meet the required standards of the hold.

Athletes may use either an overhand, underhand grip or a blend of both on the barbell. Sumo Deadlifts, or any other variation where the hands are inside the legs, are not permitted.

Minimum work requirements: None.