



FREAKEST CHALLENGE '21 ONLINE QUALIFIER

Adaptive Workout 1

Standing

UPPER

Amrap 7

3-6-9-12-15...

DB hang power Clean

Lat Burpee over DBs (15/10)

DB Hang Power Clean

For the Hang clean, the athlete needs to deadlift the dumbbell first and start each rep from the hanging position. A hang muscle clean, hang Split clean or hang power clean may be used, as long as the dumbbell comes up to the shoulder in one motion, the hips and knees are extended, and the feet are in line and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. If a "no rep" is received for any reason, the entire rep must be repeated.

Lateral Burpee over the Dumbell

For the burpees, the athlete may jump or step back to reach the bottom position. Chest and thighs must touch the ground with the body next to the Dumbell. Stepping and/or jumping back to the starting position are both permitted. The athlete must jump over the dumbell using a two-foot takeoff. Touching the dumbell, single-legged jumping, or stepping over is not permitted. The rep is credited when both feet have touched the ground on the opposite side of the dumbell. No need to land with both feet at the same time. Must be parallel to and next to the dumbell before starting the next rep. If a "no rep" is received for any reason, the entire rep must be repeated.



LOWER

Amrap 7

3-6-9-12-15...

DB Hang alt power Clean

Lat Burpees over line

DB Hang alt Power Clean

For the Hang clean, the athlete needs to deadlift the dumbbell first and start each rep from the hanging position. A hang muscle clean, hang Split clean or hang power clean may be used, as long as the dumbbell comes up to the shoulder in one motion, the hips and knees are extended, and the feet are in line and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. Alternating hands is required. If a "no rep" is received for any reason, the entire rep must be repeated.

Lateral Burpee over the line

For the burpees over the line, the athlete may draw a clear line on the ground. The line must be visible in the video. The athlete may jump or step back to reach the bottom position. Chest and thighs must touch the ground with the body next to the line. Stepping and/or jumping back to the starting position are both permitted. The athlete must jump over the line using a two-foot takeoff. Stepping over is permitted. The rep is credited the athlete lands on the the ground on the opposite side of the line. Must be parallel to and next to the line before starting the next rep. If a "no rep" is received for any reason, the entire rep must be repeated.

NEURO

Minor Neuro

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt (15/10)

Burpee

Major Neuro

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt ((10/6)

Knee Burpee



DB Hang alt Power Clean

For the Hang clean, the athlete needs to deadlift the dumbbell first and start each rep from the hanging position. A hang muscle clean, hang Split clean or hang power clean may be used, as long as the dumbbell comes up to the shoulder in one motion, the hips and knees are extended, and the feet are in line and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. Alternating hands is required. If a "no rep" is received for any reason, the entire rep must be repeated.

NOTE: If the athlete can only use one arm the standards will be the same as the "upper athletes".

Burpee/knee burpee

Must Stand or kneeling tall with shoulders over hips. Must jump "tall" to of the rep or clap out front for kneeling. May jump or step back to reach the bottom position. Chest and thighs must touch the ground. Stepping and/or jumping back to the starting position are both permitted. The rep is credited when athlete is full extension and jumps. If a "no rep" is received for any reason, the entire rep must be repeated.

SENSORY

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt (15/10)

Burpees

DB Hang alt Power Clean

For the Hang clean, the athlete needs to deadlift the dumbbell first and start each rep from the hanging position. A hang muscle clean, hang Split clean or hang power clean may be used, as long as the dumbbell comes up to the shoulder in one motion, the hips and knees are extended, and the feet are in line and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. Alternating hands is required. If a "no rep" is received for any reason, the entire rep must be repeated.

Burpee

May jump or step back to reach the bottom position. Chest and thighs must touch the ground with the head behind the barbell. Hands and feet must remain inside the width of the plates. Stepping and/or jumping back to the starting position are both permitted. The rep is credited when athlete stands tall and claps over head. If a "no rep" is received for any reason, the entire rep must be repeated.



SHORT STATURE

Amrap 7

3-6-9-12-15...

DB alt Hang power Clean (15/10)

Burpee lat over line

DB Hang alt Power Clean

For the Hang clean, the athlete needs to deadlift the dumbbell first and start each rep from the hanging position. A hang muscle clean, hang Split clean or hang power clean may be used, as long as the dumbbell comes up to the shoulder in one motion, the hips and knees are extended, and the feet are in line and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. Alternating hands is required. If a "no rep" is received for any reason, the entire rep must be repeated.

Lateral Burpee over the line

For the burpees over the line, the athlete may draw a clear line on the ground. The line must be visible in the video. The athlete may jump or step back to reach the bottom position. Chest and thighs must touch the ground with the body next to the line. Stepping and/or jumping back to the starting position are both permitted. The athlete must jump over the line using a two-foot takeoff. Stepping over is permitted. The rep is credited the athlete lands on the the ground on the opposite side of the line. Must be parallel to and next to the line before starting the next rep. If a "no rep" is received for any reason, the entire rep must be repeated.



Seated

Seated 1

Seated high (In chair)

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt (7,5/5)

Slam Balls (9kg medball/6kg medball)

Seated low (In chair)

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt (15/10)

Slam Balls (9kg medball/6kg medball)

Seated multi (In chair)

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt (7,5/4)

Slam Balls (6kg medball/3kg medball)

Seated 2

Amrap 7

3-6-9-12-15...

DB Hang power Clean alt (15/10)

Slam Balls (9kg medball/6kg medball)

Db hang power clean

For the Hang clean, each rep starts from the athlete's lap. The athlete will move the dumbbell to a hanging position and from there bring the dumbbell up to the shoulder in one motion. The rear head of the dumbbell has to be clearly over or slightly behind the center of the athlete's body. Alternating hands is required. If a "no rep" is received for any reason, the entire rep must be repeated.



Slamballs

Medball starts on the ground. Seated high athletes may use a 20kgs plate. The athlete will bring the medball to an overhead position with elbow fully locked and arms in full extension. Athlete may throw the ball to the ground/plate. Rebound is allowed. Reps are credited when the medball hits the ground. No full extension in the overhead position will be no rep.