



FREAKEST CHALLENGE '21 ONLINE QUALIFIER

Adaptive Workout 2

Standing

UPPER

1 point of contact

10 rounds of:

9 single arm db thruster 22,5/15

70 monorope double unders

2 points of contact

10 rounds of:

9 thrusters 43/30

35 monorope double unders

Thrusters

The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar/dumbbell is on the ground. The barbell/dumbbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar/dumbbell directly over the heels. At the top, the chest must clearly come into contact with the bar/dumbbell.

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

LOWER

Above knee

10 rounds of:

9 push press 30/15

70 single unders

Below knee

10 rounds of:

9 push press 43/30

35 double unders



Push press

The barbell starts from rack position. The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels. At the top, the chest must clearly come into contact with the bar. No jerk is allowed.

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

NEURO

Major

10 rounds of:

9 thrusters 20/10

35 Single unders/ Battle Ropes

Minor

10 rounds of:

9 thrusters 30/15

35 single unders

Thrusters

The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar/dumbbell is on the ground. The barbell/dumbbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar/dumbbell directly over the heels. At the top, the chest must clearly come into contact with the bar/dumbbell.

Single Unders

This is the standard double-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Battle Ropes

This is the standard BATTLE ROPE SWING in which the rope moves completely down the length of the rope. The rope complete the the rep on each side for the rep to count.



SHORT STATURE

10 rounds of:
9 thrusters 35/20
35 double unders

Thrusters

The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the barbell is on the ground. The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels. At the top, the chest must clearly come into contact with the barbell.

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SENSORY

10 rounds of:
9 thrusters 43/30
35 DU

Thrusters

The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the barbell is on the ground. The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels. At the top, the chest must clearly come into contact with the barbell.

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



Seated

Seated 1

Seated low (In chair)

10 rounds of:

9 clean & press 30/20

30+30 battle rope

Seated high (In chair)

10 rounds of:

9 clean & press 20/15

30+30 battle rope

Seated multi (In chair)

10 rounds of:

9 clean & press (10/6)

35 battle rope

Seated 2

10 rounds of:

9 clean & press 30/20

30+30 battle rope

Clean & Press

This is a standard barbell CLEAN & PRESS in which the barbell moves from lap to the front rack to full lockout overhead. The bar starts on the athlete's lap. No racks allowed. The bar must touch the athlete's lap every rep. The barbell must come to a full lockout overhead, with arms fully extended, and the bar directly over the body.

Battle Ropes

This is the standard BATTLE ROPE SWING in which the rope moves completely down the length of the rope. The rope completes the rep on each side, for the rep to count.