



FREAKEST CHALLENGE '21 ONLINE QUALIFIER

Adaptive Workout 3

Standing

UPPER

1 point of contact:

- 15 Push ups
- 20 Power Clean (40/25)
- 15 Push ups
- 15 Power Clean (50/35)
- 15 Push ups
- 10 Power Clean (60/40)

2 points of contact:

- 30 Push ups
- 20 Power Clean (60/40)
- 30 Push ups
- 15 Power Clean (70/50)
- 30 Push ups
- 10 Power Clean (80/60)

Push ups

Athlete will start with chest and hands on the ground in a lay down position. Knees will not touch the floor at any times. Athlete will push up to both hands and then lock arms out at top of push up position. Athletes will return to bottom of push up where they will touch chest to floor. Upper body athletes may use any devices to keep symmetry.

Power Clean

This is a standard Power clean from the ground to the shoulders. The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.



LOWER

Above Knee:

- 30 Push ups
- 20 Hang Power Clean (50/35)
- 30 Push ups
- 15 Hang Power Clean (60/40)
- 30 Push ups
- 10 Hang Power Clean (70/45)

Below Knee:

- 30 Push ups
- 20 Power Clean (60/40)
- 30 Push ups
- 15 Power Clean (70/50)
- 30 Push ups
- 10 Power Clean (80/60)

Push ups

Athlete will start with chest and hands on the ground in a lay down position. Knees will not touch the floor at any times. Athlete will push up to both hands and then lock arms out at top of push up position. Athletes will return to bottom of push up where they will touch chest to floor. Upper body athletes may use any devices to keep symmetry.

Power Clean

This is a standard Power clean from the ground to the shoulders. The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

Hang Power Clean

This is a standard Hang power clean from hanging position to the shoulders. Every repetition begins from hanging position. The athlete will deadlift the barbell before starting the movement. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.



NEURO

Major:

- 15 Push ups
- 20 Power Clean 20/10
- 15 Push ups
- 15 Power Clean 30/20
- 15 Push ups
- 10 Power Clean 40/30

Minor:

- 20 Push ups
- 20 Power Clean 30/20
- 20 Push ups
- 15 Power Clean 40/30
- 20 Push ups
- 10 Power Clean 50/35

Push ups

Athlete will start with chest and hands on the ground in a lay down position. Knees will not touch the floor at any times. Athlete will push up to both hands and then lock arms out at top of push up position. Athletes will return to bottom of push up where they will touch chest to floor. Upper body athletes may use any devices to keep symmetry.

Power Clean

This is a standard Power clean from the ground to the shoulders. The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

SENSORY

- 30 Push ups
- 20 Power Clean 60/40
- 30 Push ups
- 15 Power Clean 70/50
- 30 Push ups
- 10 Power Clean 80/60



Push ups

Athlete will start with chest and hands on the ground in a lay down position. Knees will not touch the floor at any times. Athlete will push up to both hands and then lock arms out at top of push up position. Athletes will return to bottom of push up where they will touch chest to floor. Upper body athletes may use any devices to keep symmetry.

Power Clean

This is a standard Power clean from the ground to the shoulders. The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

SHORT STATURE

- 30 Push ups
- 20 Power Clean 50/35
- 30 Push ups
- 15 Power Clean 60/40
- 30 Push ups
- 10 Power Clean 70/50

Push ups

Athlete will start with chest and hands on the ground in a lay down position. Knees will not touch the floor at any times. Athlete will push up to both hands and then lock arms out at top of push up position. Athletes will return to bottom of push up where they will touch chest to floor. Upper body athletes may use any devices to keep symmetry.

Power Clean

This is a standard Power clean from the ground to the shoulders. The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.



Seated

Seated 1

Seated High: (In chair)

30 Chair Dips
20 Clean 20/15
30 Chair Dips
15 Clean 25/20
30 Chair Dips
10 Clean 30/25

Seated Low (In chair)

30 Chair Dips
20 Clean 30/20
30 Chair Dips
15 Clean 35/25
30 Chair Dips
10 Clean 40/30

Chair dips

The rep is credited when the elbows are fully locked out in the support position.

Clean

This is a standard barbell CLEAN in which the barbell moves from lap to the front rack position. The bar starts on the athlete's lap. The bar must touch the athlete's lap every rep.



Seated 2

(In & out Chair)

25 Push ups

20 Power Clean 35/25

25 Push ups

15 Power Clean 45/35

25 Push ups

10 Power Clean 55/40

Push ups

Athlete will start with chest and hands on the ground in a lay down position. Knees will not touch the floor at any times. Athlete will push up to both hands and then lock arms out at top of push up position. Athletes will return to bottom of push up where they will touch chest to floor. Upper body athletes may use any devices to keep symmetry.

Clean

This is a standard barbell CLEAN in which the barbell moves from lap to the front rack position. The bar starts on the athlete's lap. The bar must touch the athlete's lap every rep.