



WORKOUT 18.1 DESCRIPTION



17:00 PT, THURSDAY, AUGUST 9, THROUGH 17:00 PT, MONDAY, AUGUST 13

Workout and workout variations

Lion	Leopard	Cheetah
12 minute AMRAP: 2-4-6-8-10-12 etc. of Deadlifts Squat cleans Push jerks Pull ups Chest to bars Muscle ups	12 minute AMRAP: 2-4-6-8-10-12 etc. of Deadlifts Squat cleans Push jerks Pull ups	12 minute AMRAP: 2-4-6-8-10-12 etc. of Deadlifts Power cleans Push jerks Jumping pull ups
Male weights	Male weights	Male weights
13-14: 80lbs. (35KG) barbell	13-14: 55lbs. (25KG) barbell	13-14: 35lbs. (15KG) barbell
15-16: 90lbs. (40KG) barbell	15-16: 65lbs. (30KG) barbell	15-16: 45lbs. (20KG) barbell
17-18: 110lbs. (50KG) barbell	17-18: 90lbs. (40KG) barbell	17-18: 55lbs. (25KG) barbell
Female weights	Female weights	Female weights
13-14: 55lbs. (25KG) barbell	13-14: 45lbs. (20KG) barbell	13-14: 20lbs. (8KG) barbell
15-16: 65lbs. (30KG) barbell	15-16: 55lbs. (25KG) barbell	15-16: 35lbs. (15KG) barbell
17-18: 90lbs. (40KG) barbell	17-18: 65lbs. (30KG) barbell	17-18: 45lbs. (20KG) barbell



WORKOUT 18.1 DESCRIPTION



17:00 PT, THURSDAY, AUGUST 9, THROUGH 17:00 PT, MONDAY, AUGUST 13

Movement Standards

Workout 1 of the teenage worldwide championships 2018 is a 12 minute AMRAP with an ascending rep scheme of deadlifts, squat cleans, push jerks, pull-ups, chest-to-bar, and muscle-ups. Once the athlete has completed one full round of each of these movements, he or she will then add two reps to each movement and continue.

At the call of 3, 2, 1, go, the athlete may pick up the bar and complete the first deadlift.

Each deadlift starts with the bar on the ground and ends once the athlete's hips and knees reach full extension, with the head and shoulders behind the bar. Arms must be straight throughout, with no bouncing.

The athlete then moves onto the squat cleans, which starts with the bar on the ground. The rep ends once the athlete has passed through the squat, with hips below knees, and stands up with the hips and knees fully extended and the bar in the front rack position with elbows in front of the bar.

The athlete may move from the last squat clean straight into the push jerk, but the bar may not be taken from the rack. The rep is complete once the athlete has reached full extension with hips and knees fully extended and the bar clearly over the profile of the athlete's body. The athlete may use any type of shoulder to overhead, so long as the bar starts in the front rack position and ends with both feet directly under the athlete.

During all work on the pull-up bar, athletes may wrap tape around the pull-up bar OR wear hand protection, but they may not tape the bar AND wear hand protection. Each rep of the pull-ups, chest-to-bar, and muscle-ups must start with the arms fully extended at the bottom with the feet off the ground.

For the cheetah division, the athlete will have to stand at full extension under the bar prior to

starting the workout with his or her feet directly under their hips. Measure to ensure that there is at least 6 inches between the bar and the athlete's head. Arms must reach full extension at the bottom of each rep.

Pull-ups end once the athlete's chin has passed above the horizontal plane of the bar.

The chest-to-bar is complete once the chest has clearly come into contact with the bar below the collar bone.

Kipping bar muscle ups are accepted, but pull-overs, rolls to support and glide kips on not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete is in the support position above the bar with his or her shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

The athlete's score is the total amount of reps accumulated within the 12 minutes.

Video Submission Standards

Prior to starting, film all equipment to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Equipment

- Barbell
- Pull-up bar



WORKOUT 18.1 SCORECARD (LION)



17:00 PT, THURSDAY, AUGUST 9, THROUGH 17:00 PT, MONDAY, AUGUST 13

Lion	Leopard	Cheetah
12 minute AMRAP:	12 minute AMRAP:	12 minute AMRAP:
2-4-6-8-10-12 etc. of Deadlifts Squat cleans Push jerks Pull ups Chest to bars Muscle ups	2-4-6-8-10-12 etc. of Deadlifts Squat cleans Push jerks Pull ups	2-4-6-8-10-12 etc. of Deadlifts Power cleans Push jerks Jumping pull ups

Reps	Deadlifts	Squat Cleans	Push Jerks	Pull-ups	Chest-to-Bar	Muscle-ups
2	2	4	6	8	10	12
4	16	20	24	28	32	36
6	42	48	54	60	66	72
8	80	88	96	104	112	120
10	130	140	150	160	170	180
12	192	204	216	228	240	252
14	266	280	294	308	322	336

ATHLETE NAME _____ TOTAL SCORE _____ Lion Leopard
 Print

AFFILIATE _____ JUDGE NAME _____ Cheetah
 Name of affiliate Print Initial

I confirm the information above accurately represents my performance for the _____
 workout. Athlete signature Date

Affiliate copy

Athlete copy

ATHLETE NAME _____ TOTAL SCORE _____ Lion Leopard
 Print

AFFILIATE _____ JUDGE NAME _____ Cheetah
 Name of affiliate Print Initial



WORKOUT 18.1 SCORECARD (LEOPARD AND CHEETAH)



17:00 PT, THURSDAY, AUGUST 9, THROUGH 17:00 PT, MONDAY, AUGUST 13

Lion	Leopard	Cheetah
12 minute AMRAP:	12 minute AMRAP:	12 minute AMRAP:
2-4-6-8-10-12 etc. of Deadlifts Squat cleans Push jerks Pull ups Chest to bars Muscle ups	2-4-6-8-10-12 etc. of Deadlifts Squat cleans Push jerks Pull ups	2-4-6-8-10-12 etc. of Deadlifts Power cleans Push jerks Jumping pull ups

Reps	Deadlifts	Squat Cleans	Push Jerks	Pull-ups
2	2	4	6	8
4	12	16	20	24
6	30	36	42	48
8	56	64	72	80
10	90	100	110	120
12	132	144	156	168
14	182	196	210	224
16	240	256	272	288
18	306	324	342	360

ATHLETE NAME _____ TOTAL SCORE _____ Lion Leopard
 Print

AFFILIATE _____ JUDGE NAME _____ Cheetah
 Name of affiliate Print Initial

I confirm the information above accurately represents my performance for the _____
 workout. Athlete signature Date

Affiliate copy

Athlete copy

ATHLETE NAME _____ TOTAL SCORE _____ Lion Leopard
 Print

AFFILIATE _____ JUDGE NAME _____ Cheetah
 Name of affiliate Print Initial