

Workouts for the following locations: Phuket, Hervey Bay, Hobart, Newcastle, East Gippsland, Ballarat, Palmerston North, Worcester, Wollongong, Mansfield, Wodonga, Surrey, Napier, Melbourne, Bangkok, Dunedin, Townsville, Nelson, Perth and KL



INFINITY

ADVANCED	INTERMEDIATE/MASTERS	ELEVATE/HYBRID
Find each Athletes: 1RM Snatch (Squat or Power) Athletes will use a 15kg Barbell	Find each Athletes: 1RM Thruster Athletes will use a 15kg Barbell	Find each Athletes: 1RM Thruster Athletes will use a 15kg Barbell

Time Cap: 9 Minutes

At the call of 3, 2, 1, go, athletes will establish their 1-rep max:

- Advanced: Full snatch or power snatch
- All other divisions: Thruster

SCORING:

The team score is the combined total of each athlete's heaviest successful lift.

Example:

Athlete 1: Heaviest Successful Lift = 50kg

Athlete 2: Heaviest Successful Lift = 60kg

Athlete 3: Heaviest Successful Lift = 40kg

Total Score: 150kg

Workouts for the following locations: Phuket, Hervey Bay, Hobart, Newcastle, East Gippsland, Ballarat, Palmerston North, Worcester, Wollongong, Mansfield, Wodonga, Surrey, Napier, Melbourne, Bangkok, Dunedin, Townsville, Nelson, Perth and KL



WORKOUT FLOW AND RULES:

- Only one athlete may lift at a time.
- Athletes may lift in any order.
- One athlete may complete multiple attempts in a row.
- Athletes may attempt as many lifts as desired within the time cap.
- Athletes are not required to complete the same number of attempts. An athlete may choose to wait for a specific weight to be loaded and complete only one lift if desired.
- Once a barbell is loaded, the weight cannot be reduced. For example, the bar may not be lowered from 100 kg to 50 kg, even if a different athlete is lifting. If an athlete fails a lift, they may reattempt the same weight or a heavier weight as many times as desired. If unsuccessful, the athlete's last successful lift will count as their score.
- If a lift is initiated on the 9-minute time cap, the athlete is permitted to complete the attempt provided the barbell is in motion when time expires.

SAFETY AND EQUIPMENT STANDARDS:

- For safety, non-working athletes must wait on the start mat, approximately 1.5 metres from the lifting athlete, until it is their turn to lift.
- Collars must be used on the barbell at all times. Should a lift be performed without collars, the lift will be forfeited.
- Athletes are not permitted to take weights from another lane. Each lane will be supplied with a complete set of bumper plates, consisting of:
20 kg / 15 kg / 10 kg / 5 kg / 2.5 kg / 1.25 kg
- Athletes may only lift within their allocated lane. If a barbell moves outside of the lane and is not rolled back into position, the athlete will forfeit that lift. Athletes must be mindful of space and surrounding lanes at all times.
- Throwing or intentionally slamming the barbell is not permitted.
- Shoes must be worn.

Workouts for the following locations: Phuket, Hervey Bay, Hobart, Newcastle, East Gippsland, Ballarat, Palmerston North, Worcester, Wollongong, Mansfield, Wodonga, Surrey, Napier, Melbourne, Bangkok, Dunedin, Townsville, Nelson, Perth and KL



MOVEMENT STANDARDS

SNATCH

The snatch begins with the barbell on the ground and finishes with the barbell held directly overhead. The barbell must be lifted from the ground to overhead in **one continuous motion**.

At the top of the movement, the **arms, hips, and knees must be fully locked out**, with the barbell clearly positioned over the middle of the athlete's body when viewed from the side. Athletes may perform a **full snatch, power snatch, or split snatch**. For the repetition to count, both feet must return and be in line under the athlete's body while the barbell is locked out overhead.

THRUSTER

The movement begins with the barbell on the ground and is first **cleaned to the shoulders**. A **full squat clean directly into the thruster** is permitted when taking the bar from the floor.

At the bottom of the squat, the **hip crease must clearly pass below the top of the knees**. The athlete then stands and drives the bar overhead in one continuous movement, finishing with the **arms locked out overhead**, and the **elbows, hips, and knees fully extended**, with the feet in line with each other.

There must be **no re-bend of the knees** while pressing the bar overhead.