

**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 1

FOR TIME:

2 ROUNDS

9 Dumbbell Deadlifts
6 Dumbbell Hang Cleans
3 Dumbbell Shoulder to Overhead
[2:00 cap]

- into -

2 ROUNDS

12 Dumbbell Deadlifts
9 Dumbbell Hang Cleans
6 Dumbbell Shoulder to Overhead
[4:00 cap]

- into -

2 ROUNDS

15 Dumbbell Deadlifts
12 Dumbbell Hang Cleans
9 Dumbbell Shoulder to Overhead
[6:00 cap]

- into -

2 ROUNDS

18 Dumbbell Deadlifts
15 Dumbbell Hang Cleans
12 Dumbbell Shoulder to Overhead
[8:00 cap]

**If athletes do not complete work before RX time cap, workout is finished. If reps are completed, move immediately into next section (do not wait for time cap).*

DIVISION VARIATIONS

CHIEF: DBs = (2x50/35lb) (2x22.5/15kg)

OFFICER: DBs = (2x35/20lb) (2x15/10kg)

RECRUIT: DBs = (2x20/10lb) (2x10/5kg)

EVENT 1 - SCORECARD

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

SET 1	9 DB DEADLIFTS	9
	6 DB HANG CLEANS	15
	3 DB SHOULDER TO OH	18
	9 DB DEADLIFTS	27
	6 DB HANG CLEANS	33
	3 DB SHOULDER TO OH	36

2:00 CAP, IF COMPLETE IMMEDIATELY CONTINUE TO:

SET 2	12 DB DEADLIFTS	48
	9 DB HANG CLEANS	57
	6 DB SHOULDER TO OH	63
	12 DB DEADLIFTS	75
	9 DB HANG CLEANS	84
	6 DB SHOULDER TO OH	90

4:00 CAP, IF COMPLETE IMMEDIATELY CONTINUE TO:

SET 3	15 DB DEADLIFTS	105
	12 DB HANG CLEANS	117
	9 DB SHOULDER TO OH	126
	15 DB DEADLIFTS	141
	12 DB HANG CLEANS	153
	9 DB SHOULDER TO OH	162

6:00 CAP, IF COMPLETE IMMEDIATELY CONTINUE TO:

SET 4	18 DB DEADLIFTS	180
	15 DB HANG CLEANS	195
	12 DB SHOULDER TO OH	207
	18 DB DEADLIFTS	225
	15 DB HANG CLEANS	240
	12 DB SHOULDER TO OH	252

8:00 CAP, WORKOUT COMPLETE.

FINISH TIME/REPS COMPLETED:

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





EVENT 1 - DESCRIPTION

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

FILMING: If athletes are performing this workout for consideration of winning an official prize, the workout must be filmed. Filming should be set up with a clear, unobstructed view of all movements (3/4 view advised - please refer to floor layouts for suggested placement). A clock should be in frame at all times. Athletes must remain in frame once workout begins. Athletes should perform movements so that the movement standards can be clearly seen throughout the duration of the workout. All weights (both sides of the barbell if applicable) and all measurements must be clearly shown before the workout attempt. All equipment should stay in frame after measurements have been shown and final camera setup should keep all movements and the athlete in full frame at all times.

FLOOR LAYOUT: Athletes will need one pair of matching dumbbells. No floor marking required. Please ensure that you are completing your workouts within the same division across the entire competition (Chief, Officer, or Recruit). Athletes are not allowed to mix different division versions (i.e. Athlete X should only attempt Officer-level events if they are in the officer division). Athletes will be completing rounds of DB Deadlifts, DB Hang Cleans, and DB Shoulder to Overhead. Each movement requires the use of two dumbbells. Athletes will “earn” time if they complete the required work before the time cap. When an athlete completes the work before the current time cap, they are allowed to move directly into the next section (meaning they do NOT have to wait for the current time cap to elapse) and begin working. With each 2 round section of ascending reps that are completed, athletes extend their work time by 2:00 minutes. If an athlete does not complete the work within the current time cap, they will score this event by TOTAL REPS. If an athlete completes all work before the final time cap (8:00), they will score this event by TOTAL REPS and record their FINISH TIME in the comment section.

DUMBBELL DEADLIFTS: Athletes will begin with dumbbells on the floor outside of the feet. A rep is credited when the athlete is standing tall with full extension of the knees and hips. When returning to the floor, only the front head of each dumbbell must make contact with the floor. Contact must always be made outside of the feet. Sumo deadlifting with contact inside the feet is NOT allowed.

DUMBBELL HANG CLEANS: Athletes will begin with dumbbells in the hang position on the outside of the legs. Dumbbells are then cleaned to the shoulders. A full rep is credited when the athlete is standing tall with full extension of the hips and knees and the dumbbells are in clear contact with the shoulders. If going into hang cleans directly after the final deadlift, athletes must lower the dumbbells to the hang position. Dumbbells must always be hang cleaned on the outside of the legs, not between.

DUMBBELL SHOULDER TO OVERHEAD: Athletes will begin with dumbbells racked on the shoulders. Athletes are allowed to strict press, push press, or push jerk. A full rep is credited when the athlete is standing tall with full extension of the hips and knees with their arms locked out over the center of their body. If an athlete chooses to split jerk, they must bring their feet back in line before the rep is credited.

DISCLAIMER: Any effort that is made on the athlete’s part to attempt to manipulate standards to make a movement easier, gain an unfair advantage, or deviate from the commonly accepted standards (unless otherwise clearly stated in the movement standards listed above) will result in penalty or disqualification of the submitted score. Keep it fair and keep it clean.



**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 1 - FLOOR LAYOUT

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

