



## EVENT 5 - SCORECARD

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 11:59PM (CST).

42 DUMBBELL DEADLIFTS	42
30 DUMBBELL HANG CLEANS	72
18 DUMBBELL S2OH	90

### EVENT 5 "WARRIOR"

#### FOR TIME:

42 Dumbbell Deadlifts  
30 Dumbbell Hang Cleans  
18 Dumbbell Shoulder to Overhead

### DIVISION VARIATIONS

#### CHIEF:

Weight (2x50lb DBs/35lb)  
Weight (kg) (2x22.5kg/15kg)

#### OFFICER:

Weight (2x35lb DBs/20lb)  
Weight (kg) (2x15kg/10kg)

**TIME COMPLETED:** \_\_\_\_\_

**ATHLETE NAME:** \_\_\_\_\_

**ATHLETE SIGNATURE:** \_\_\_\_\_

**JUDGE NAME:** \_\_\_\_\_





## EVENT 5 - DESCRIPTION

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 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). 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.

## MOVEMENT STANDARDS

**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 can go outside or in between the legs.

**DUMBBELL SHOULDER TO OVERHEAD:** Athletes will begin with dumbbells racked on the shoulders. Athletes are allowed to strict press, push press, or push/split jerk. A full rep is credited when the athlete is standing tall with full extension of the hips and knees and dumbbells are locked out overhead.

**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.