

## MAJOR LEAGUE GAMES WEEK 2

### 12mins Continuous Running Clock

#### WORKOUT 18.2a

##### TIME CAP: 8 MINUTES

21, 15, 9 of;

##### POWER CLEANS

TOES TO BAR

##### 60 SECONDS REST

#### WORKOUT 18.2b

3min TO ACHIEVE 1RM OF:

##### BARBELL CLEAN COMPLEX

- CLEAN FROM THE GROUND
- FROM THE HANG
- FROM THE HIGH HANG

### VARIATIONS

#### MUSTANG 16-34

M 70kg F 50kg  
Toes to Bar

#### SPIRFIRE 16-34

M 50kg F 35kg  
Toes to Bar

#### HURRICANE 16-34

M 40KG F 25KG  
Leg Raise

### EQUIPMENT

- Pull Up Bar
- Barbell and appropriate weight for your division
- Collars

**NOTES: THE ATHLETE IS RESPONSIBLE FOR CHANGING THE WEIGHT ON THE BARBELL. THE SAME BARBELL MUST BE USED FOR THE ENTIRE WORKOUT, AND THE ATHLETE MAY NOT RECEIVE ASSISTANCE WHEN CHANGING THE LOADS. USING ADDITIONAL PRE-LOADED BARBELLS IS NOT PERMITTED.**

#### 18.2a

This workout begins with the loaded barbell on the ground and the athlete standing tall.

At 3, 2, 1, go, the athlete will perform 21 power cleans then move to the pull up bar for 21 toes to bar. The athlete will then complete 15 power cleans and 15 toes to bar, then 9 power cleans and 9 toes to bar.

**The athletes score for 18.3a will be the time taken to complete the workout or the remaining reps, counted as seconds and added to the 8 minute time cap.**

#### 18.2b

This workout will begin with the loaded barbell on the ground and the athlete standing tall.

At 3, 2, 1, go, the athlete will attempt their first lift of the barbell clean complex. After each successful lift of the complex, the athlete will load the bar with the next weight attempt. This will continue until the 3min time cap or the maximum weight is lifted.

The athletes score for 18.2b is the heaviest weight successfully lifted of the complex.

### MOVEMENT STANDARDS

#### POWER CLEAN:

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.

#### TOES TO BAR:

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar at the same time. At the start of each rep, the arms must be fully extended with the feet off the ground. The feet must be brought back behind the bar and the rest of the body.

#### HANGING LEG RAISES:

The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body. At the top of the repetition the athletes toes must be above the height of the hip crease

#### BARBELL CLEAN COMPLEX:

##### CLEAN FROM THE GROUND:

The barbell begins on the ground. The rep is complete when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front rack position with the elbows in front of the bar. A muscle clean, power clean, squat clean or split clean will be permitted.

##### FROM THE HANG:

The athlete will start from full extension before bringing the barbell back to a position above the knee and below mid thigh. The rep is complete when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front rack position with the elbows in front of the bar. A muscle clean, power clean, squat clean or split clean will be permitted.

##### FROM THE HIGH HANG:

The athlete will start from full extension before bringing the barbell back to a position above mid thigh and below the hip. The rep is complete when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front rack position with the elbows in front of the bar. A muscle clean, power clean, squat clean or split clean will be permitted.

**Once the barbell has been lifted, the barbell must remain in the athletes hand throughout the 3 lifts -ground, hang, high hang for the lift to count.**



# MLG 18.2 SCORECARD

Presented by



<b>WORKOUT 18.2a</b> 21, 15, 9 of; POWER CLEANS TOES TO BAR TIME CAP: 8 MINUTES 60 SECONDS REST	<b>WORKOUT 18.2b</b> 3min TO ACHIEVE IRM OF: BARBELL CLEAN COMPLEX - CLEAN FROM THE ROUND - FROM THE HANG - FROM THE HIGH HANG
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REPS	POWER CLEANS	TOES TO BAR
21		
15		
9		

**VARIATIONS**

**MUSTANG 16-34**  
M 70kg F 50kg / Toes to Bar

**SPITFIRE 16-34**  
M 50kg F 35kg / Toes to Bar

**HURRICANE 16-34**  
M 40kg F 25kg / Leg Raise

<b>BARBELL CLEAN COMPLEX</b>	
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ATHLETE NAME \_\_\_\_\_

18.2a TIME \_\_\_\_\_ 18.2b WEIGHT \_\_\_\_\_

16-19  20-29  30-34

MUSTANG  SPITFIRE  HURRICANE

STATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_ 18.2a TIME \_\_\_\_\_

18.2b WEIGHT \_\_\_\_\_

16-19  20-29  30-34

MUSTANG  SPITFIRE  HURRICANE

STATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT 18.2a/b \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_