

**QUALIFIER AG18.3****CLEAN LADDER E2MOM****EVERY 2 MINUTES: 3 CLEANS**

0-2min: 80kg/45kg

2-4min: 90kg/55kg

4-6min: 100kg/65kg

*etc. adding +10kg every 2min until failure to complete 3 repetitions within the given timeframe***EQUIPMENT**

- Barbell
- Bumper Plates
- Collars

**NOTES**

The athlete will have 2 minutes to complete the required 3 reps on the clean (Starting at 80kg for men & 45kg for women). If the athlete completes all the reps before the 2-minute cap, they will be awarded an additional 2minutes to perform another 3 cleans at an increased load. The athlete is allowed to increase the load of the barbell once the 3 reps have been completed, but **MUST NOT** begin the next set until the next 2-minute interval begins. The athlete will continue with this pattern, adding 10kg to the barbell every 2 minutes, until they can no longer complete the 3 repetitions of clean within the target 2-minute interval. Collars **MUST** be on the bar for each lift.

**SCORING & SUBMISSION DEADLINE**

For all athletes: The athletes score will be the total load lifted (in kilograms) at the point of their cut-off time. Athletes must also note the time they completed the 3<sup>rd</sup> clean from the previous round which will act as a tiebreaker in the case of more than one athlete having the same score.

*E.g. Male 'Athlete A' was capped at minute 12 after completing only 2 cleans at 130kg. 'Athlete A' completed the previous round of 120kg at a time of 9:45.*

*Athlete A's final score will be: **1760kg** (80x3 + 90x3 + 100x3 + 110x3 + 120x3 + 130 x2).*

*Athlete A's Tiebreak will be: **9:45**.*

For teams: Each of the 4 athletes will complete this workout as individuals and the team's score will be the accumulated load lifted by all 4 athletes.

Submission deadline: Thursday 28<sup>th</sup> June 23:59 (GMT+3 - Cyprus Time)

## VIDEO SUBMISSION STANDARDS

Prior to starting, film bar and all plates so the weights can be clearly seen throughout the duration of the video. 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.

## QUALIFIER AG18.3

### CLEAN LADDER E2MOM

Every 2 minutes: 3 Cleans

*\*For athletes using lb bars and plates, please use the minimum accepted conversions from below\**

80kg: 180lb

90kg: 200lb

100kg: 225lb

110kg: 245lb

120kg: 265lb

130kg: 290lb

140kg: 310lb

150kg: 335lb

160kg: 355lb

170kg: 375lb

Men - All Divisions					
Round	Time	Weight (kg)	Rep 1	Rep 2	Rep 3
1	0:00-2:00	80	80	160	240
2	2:00-4:00	90	330	420	510
3	4:00-6:00	100	610	710	810
4	6:00-8:00	110	920	1030	1140
5	8:00-10:00	120	1260	1380	1500
6	10:00-12:00	130	1630	1760	1890
7	12:00-14:00	140	2030	2170	2310
8	14:00-16:00	150	2460	2610	2760
9	16:00-18:00	160	2920	3080	3240
10	18:00-20:00	170	3410	3580	3750

ATHLETE NAME \_\_\_\_\_ TOTAL LOAD \_\_\_\_\_ TIEBREAK TIME \_\_\_\_\_

GYM/BOX \_\_\_\_\_ JUDGE NAME \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE IS CORRECT AND ACCURATELY REPRESENTS MY SCORE FOR THE WORKOUT

ATHLETE SIGNATURE \_\_\_\_\_

# APHRODITE GAMES QUALIFIER AG18.3

THURSDAY 7TH – THURSDAY 28<sup>TH</sup> JUNE

## QUALIFIER AG18.3

### CLEAN LADDER E2MOM

Every 2 minutes: 3 Cleans

*\*For athletes using lb bars and plates, please use the minimum accepted conversions from below\**

45kg: 100lb

55kg: 125lb

65kg: 145lb

75kg: 165lb

85kg: 190lb

95kg: 210lb

105kg: 235lb

115kg: 255lb

125kg: 280lb

135kg: 300lb

Women - All Divisions						
Round	Time	Weight (kg)	Rep 1	Rep 2	Rep 3	
1	0:00-2:00	45	45	90	135	TIME
2	2:00-4:00	55	190	245	300	TIME
3	4:00-6:00	65	365	430	495	TIME
4	6:00-8:00	75	570	645	720	TIME
5	8:00-10:00	85	805	890	975	TIME
6	10:00-12:00	95	1070	1165	1260	TIME
7	12:00-14:00	105	1365	1470	1575	TIME
8	14:00-16:00	115	1690	1805	1920	TIME
9	16:00-18:00	125	2045	2170	2295	TIME
10	18:00-20:00	135	2430	2565	2700	TIME

ATHLETE NAME \_\_\_\_\_ TOTAL LOAD \_\_\_\_\_ TIEBREAK TIME \_\_\_\_\_

GYM/BOX \_\_\_\_\_ JUDGE NAME \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE IS CORRECT AND ACCURATELY REPRESENTS MY SCORE FOR THE WORKOUT \_\_\_\_\_

## MOVEMENT STANDARDS

### CLEAN



The athlete may choose between power cleans, squat cleans, muscle cleans or split cleans so long as the all requirements are met. Hang cleans are not permitted. Each rep must begin with the barbell on the ground.



The rep is completed when the barbell is in the front rack position with elbows in front of the bar, and hips and knees fully extended. Touch-and-Go is permitted but not mandatory.