



## Online Qualifier #3: "Tune Squad vs. Monstars"

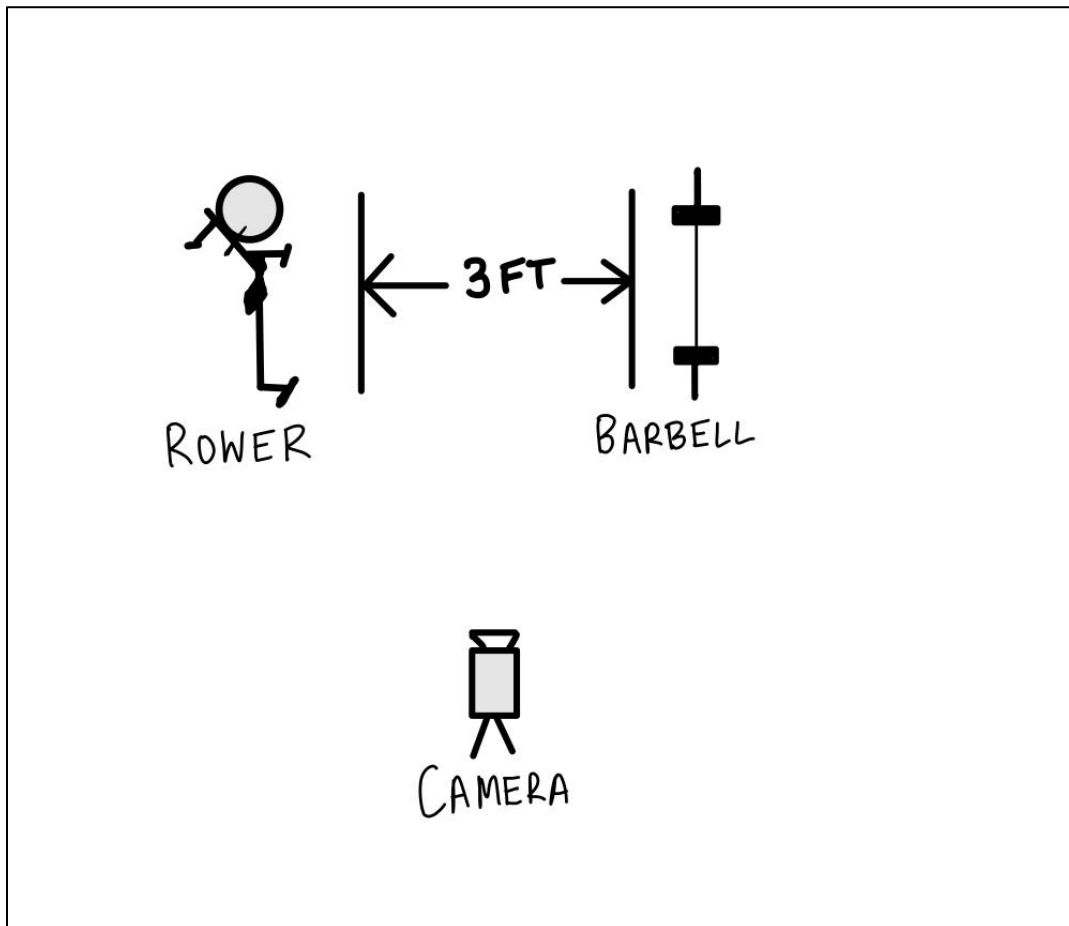
Score: Max Calories and Sum of 5 Lifts (Two Scores)

RX  
Intermediate  
Scaled

### EQUIPMENT

Rower  
Barbell  
Plates  
Clips

### FLOOR PLAN





## MOVEMENT STANDARDS

### Rowing

- Athlete must show Rower monitor set to start screen in introduction video.
- At completion of the workout, the monitor must be shown indicating final calories totaled.

### Clean and Jerk

- Repetition begins with the bar on the ground.
- Power, squat, and split cleans are permitted. Hang cleans are NOT permitted.
- The bar must first be lifted to the shoulders, then locked out overhead.
- Any style of overhead lift is acceptable (press, push press, or jerk).
- The rep is credited when: hips, knees, and arms are extended. The feet are in line. The bar is over or slightly behind the middle of your body when viewed from profile. •
- If the bar is lowered before reaching the finish position, the rep will not count. You may not lower the bar until you reach the finish position.
- The equipment must be shown in the introduction video. The barbell can be preloaded and people may assist in loading the bar during any part of the workout.
- The final weight must be shown in the video.

## VIDEO SUBMISSION

- Utilize the floor plan provided to guide set up for the workout.
- Avoid placing the camera low to the ground. It is recommended to place the camera at least 3 feet off the ground.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer MUST be visible through the entire workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do NOT use a countdown timer.
- Ensure the Judge does not obstruct the view of the athlete. If this occurs, reps completed out of sight will be considered no reps.