



# Workout 18.3a - RX

FOR 3RM WEIGHT / TIME CAP: 5 MINUTES

MOVEMENT	ATP 1	ATP 2	ATP 3	ATP 4	ATP 5
3 RM Overheadsquat					

YOUR FINAL SCORE for 3RM Overheadsqua in Kg:

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ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE

The athlete will start with the unloaded bar and may start loading the bar on 3.2.1 Go. Each attempt will start with the bar from the floor, a rack is not permitted. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved. At the bottom position the hip crease must be below the top of the knee. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. For the three reps to count the bar may not rest on the shoulder between reps. The athlete may rest at the top or bottom position. Within 5 minutes, as many attempts as possible are permitted.