



Workout 18.3a - Scaled

FOR 3RM WEIGHT / TIME CAP: 5 MINUTES

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

YOUR FINAL SCORE for 3RM Frontsquat 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 clean 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. At the top position, the barbell needs to be in the front rack position, with the athlete standing tall with hips and knees fully extended. Within 5 minutes, as many attempts as possible are permitted.