



**Finals 21.10**  
**Masters & Teens Throwdown 2021**

Saturday 8 May 07:00hrs till  
Sunday 16 May 23:59hrs (CET)

Powered by:

**CROSSmaxx**



**21.10 – “Finish STRONG”**

AMRAP of 3 minutes

Max reps Overhead squats

**Variations**

Scaled divisions: Back squats

Overhead squat					
	Kg	LBS		Kg	LBS
G12	15	33	B12	25	55
G14	15	33	B14	25	55
G16	20	44	B16	30	66
G18	25	55	B18	40	88
G20	25	55	B20	40	88
F35	25	55	M35	40	88
F40	25	55	M40	40	88
F45	25	55	M45	40	88
F50	25	55	M50	40	88
F55	20	44	M55	30	66
F60	15	33	M60	25	55
F65	15	33	M65	25	55

Back squat					
	Kg	LBS		Kg	LBS
G12	15	33	B12	25	55
G14	15	33	B14	25	55
G16	20	44	B16	30	66
G18	25	55	B18	40	88
G20	25	55	B20	40	88
F35	25	55	M35	40	88
F40	25	55	M40	40	88
F45	25	55	M45	40	88
F50	25	55	M50	40	88
F55	20	44	M55	30	66
F60	15	33	M60	25	55
F65	15	33	M65	25	55

**Equipment preparation**

- Barbell with plates, according to the prescribed weights for your age category / division

**Video submissions**

- All athletes
- See separate document

**Workout notes\***

The workout starts with the loaded barbell on the **floor** and the athlete standing tall.

On the count of 3, 2, 1, GO... the athlete picks up the barbell from the floor, brings the barbell into overhead (or back squat) position and performs as many overhead/back squats as possible during 3 minutes.

The workout ends when the clock reaches 3 minutes.

**Scoring**

This workout is an AMRAP. Your score will be the total number of performed reps in 3 minutes.

\* [carefully read movement standards](#)



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AMRAP of 3 minutes

Max reps Overhead squats

Overhead / Back Squats	
10	20
30	40
50	60
70	80
90	100
110	120

Athlete name \_\_\_\_\_

RX

Scaled

Judge name \_\_\_\_\_

I confirm the scores accurately represent  
 the athlete’s performance for this workout.

Total number of reps \_\_\_\_\_

\_\_\_\_\_  
 Athlete’s signature

\_\_\_\_\_  
 Date

## Movement standards

### Overhead Squat

- Watch the YouTube video here:  
<https://www.youtube.com/watch?v=pn8mqIG0nkE>
- The athlete begins standing behind the **barbell on the ground, loaded with weights.**
- At the call of “3-2-1 ... Go!” he or she moves the barbell from **ground to overhead position** and can begin the set of overhead squats.
- A full squat snatch will count as a repetition as long as all the requirements are met.
- In the overhead squat, the barbell must be kept overhead with **the arms locked.**
- At the bottom, the crease of the hips must pass below the height of the kneecap; **below parallel.**
- The rep is credited when the barbell is at **full lockout** overhead, with the **hips, knees and arms fully extended**, and the bar in control, directly over or slightly behind the **middle of the body with the feet in line.**
- It is allowed to drop the bar between reps or sets.
- Resting in between sets by placing the barbell on the upper back and/or on the chest is not allowed. Then the bar should be dropped & brought back to overhead position for a new (set of) rep(s)

### Back squat

- Watch the YouTube video here:  
<https://www.youtube.com/watch?v=ultWZbUMPL8>
- The athlete begins standing behind the barbell **on the ground, loaded with weights.**
- At the call of “3-2-1 ... Go!” he or she moves the barbell from **ground to shoulder** and places the barbell on his/her back and can begin the set of back squats.
- In the back squat, the barbell must be held **behind the neck** on the athlete’s upper back.
- At the bottom, the crease of the hips must pass below the height of the kneecap; **below parallel.**
- The rep is credited when the athlete stands tall, with the **knees, hips and upper body fully extended** and the barbell in control.
- It is allowed to drop the bar between reps or sets.
- During the back squat the athlete must hold the barbell with both hands. Holding the barbell with the arms is not allowed.