



WORKOUT 1 - "Work Vs. MaX Snatch Ladder"

circle appropriate one:

Men RX

Women RX

Men Scaled

Women Scaled

Station 1	REPS:	Reps x 1 = _____
Station 2	REPS:	Reps x 1 = _____
Station 3	REPS:	Reps x 2 = _____
Station 4	REPS:	Reps x 2 = _____
Station 5	REPS:	Reps x 3 = _____
Station 6	REPS:	Reps x 3 = _____
Station 7	REPS:	Reps x 4 = _____

TOTAL POINTS:

Add points from each station _____

Description:

7 platforms

40 seconds to complete as many snatches as you can on each platform.

20 Seconds to transition to next platform

You can start anywhere you want but you can only go up in weight on each changeover.

Movement Standards:

Weight must begin on the ground and end locked out overhead in a snatch grip in one motion.

Bar may not stop between the ground and locked out at the top.

Muscle, Power, Split and Full variations of the Snatch are permitted.

Hang snatches are not permitted as they violate movement standard 1

Control your weights, keep yourself and others safe, and no bouncing the bar.

Scoring:

For Points - most points win

1 point each for reps completed on platforms 1 and 2

2 points each for reps completed on platforms 3 and 4

3 points each for reps completed on platforms 5 and 6

4 points each for reps completed on platforms 7

Judge: _____ Athlete: _____ Athlete Signature: _____