

BUFFEL THROWDOWN WORKOUTS 2024



WORKOUT 2

RX WOMEN	INTER WOMEN	SCALED WOMEN
FOR TIME (TC 3') 8-6-4-2 (LADDER) <ul style="list-style-type: none"> Squat clean singles (dayw) 55-60-65-75kg 1' Rest/transition Timecap 3' <ul style="list-style-type: none"> 1 RM snatch for both athletes 	FOR TIME (TC 3') 8-6-4-2 (LADDER) <ul style="list-style-type: none"> Squat clean singles (dayw) 45-55-60-65 kg 1' Rest/transition Timecap 3' <ul style="list-style-type: none"> 1 RM snatch for both athletes 	FOR TIME (TC 3') 8-6-4-2 (LADDER) <ul style="list-style-type: none"> Squat clean singles (dayw) 30-35-40-45kg 1' Rest/transition Timecap 3' <ul style="list-style-type: none"> 10 Snatches for time (35kg)

RX MEN	INTER MEN	SCALED MEN
FOR TIME (TC 3') 8-6-4-2 (LADDER) <ul style="list-style-type: none"> Squat clean singles (dayw) 80-90-100-110kg 1' Rest/transition Timecap 3' <ul style="list-style-type: none"> 1 RM snatch for both athletes 	FOR TIME (TC 3') 8-6-4-2 (LADDER) <ul style="list-style-type: none"> Squat clean singles (dayw) 65-75-85-95kg 1' Rest/transition Timecap 3' <ul style="list-style-type: none"> 1 RM snatch for both athletes 	FOR TIME (TC 3') 8-6-4-2 (LADDER) <ul style="list-style-type: none"> Squat clean singles (dayw) 40-50-60-70kg 1' Rest/transition Timecap 3' <ul style="list-style-type: none"> 10 Snatches for time (55kg)

MOVEMENTS STANDARDS

A short briefing will be conducted before the start of each heat to cover the flow and points of attention and ensure a smooth workout. You can already find some key points of attention below. If there are any changes to the workout flow or movement standards on the competition day, the instructions and standards provided on the competition day will take precedence. This document serves as a guideline.

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Squat clean

- Lift the barbell from the ground in one continuous motion, passing through a full squat position (hips below parallel) and then standing up to a full extension (hips and knees) with the barbell racked on the shoulder.
- Show good control before dropping the barbell. (wait for an approval sign from the judge)
- Squat clean must be performed as singles. Touch and go reps are **not allowed**.
- Each rep must start from a complete stop with the barbell on the ground.
- Both athletes must always perform the lift from the same side of the barbell.
- Athletes can switch between themselves at any time, provided they maintain the same side of the barbell.
- Once the required number of repetitions is completed, the athletes will advance to the next barbell. (4 barbell with each a different weight)
- The athletes have 3 minutes to complete the squat clean ladder.

Snatch

- For the snatch, the athlete must bring the bar from the ground to the overhead position in one smooth motion.
- At the top, the arms, hips and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body.
- No part of the body other than the feet may touch the ground during the execution of the lift.
- A muscle snatch, power snatch, squat snatch or split snatch may be used.
- The athletes have 3 minutes to find their 1 rep max snatch each. The full lift has to be done before the timecap.

ATTENTION POINTS

- Both athletes must move together to the next barbell, so it's not allowed to be ready at the next barbell.
- The judges will say when the rep is complete. You may not drop the barbell before that.
- The full lift has to be done before the timecap.
- The athletes load their own barbell for the 1RM snatch, but this can only be done after the 3-minute mark has started, not during the rest period.
- Material crew will unload the barbell in the rest minute.

SCORE WORKOUT 2

- Score Part A = Total time or total reps completed (if they can't finish in the timecap)
- Score Part B = Total weight of Athlete A's max lift + Athlete B's max lift.
- NO TIEBREAK TIME