



Power test

For time (3 min)

- 15 Snatch
- 15 Clean and Jerk
- 15 bar facing burpees

	Reps	Time
15 Snatch	15	
15 Clean and Jerk	30	
15 Bar facing burpees	45	

Athlete name

Judge	Reps	
	Time	

Athlete has 3 min to perform all reps of the 3 movements.

Movement standards:

- Snatch: movements starts with barbell on the floor, end with barbell overhead with extended hips and knees and locked out elbows.
- Clean and Jerk: movements starts with barbell on the floor, end with barbell overhead with extended hips and knees and locked out elbows.
- Bar facing Burpees: chest much touch the floor, body must be facing the barbell. Both feet have to be in the air at the same time when jumping over the bar.