

Movement Standards

Workout #3 - Dead Hang

Deadlift

- This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing. Two separate barbells may be used for deadlifting during workout for teams with different weights (i.e. male/female teams)



Dead Hang from Rig

- Grip an overhead bar on the rig and hang with feet suspended from the floor with arms extended.
- Hand can be pronated or supinated or mixed
- Athletes can only use their hands to hang from the bar. No other part of the body is allowed

