



## **2024 Rad Fit Fest: 90s Throwback Strength and Fitness Weekend**

Workout # 1

***Catch Me If You Can Randy!***

**Rad Division:**

**AMRAP 10**

150 Power Snatches 75/55

MINIMUM REP REQUIREMENT PER MINUTE:

Min 1: 25

Min 2: 50

Min 3: 70

Min 4: 90

Min 5: 105

Min 6: 120

Min 7: 130

Min 8: 140

**Highest Rep Count (Snatches + Row Calories) wins the workout.**

**Tie Breaker: Time 150 reps are completed**

- Each athlete will have their own barbell, with both athletes facing each other.
- After the call of "Go", Athlete 1 will pick up the barbell and complete Power Snatches.
- The amount of reps the Athlete completes is determined by the team's strategy.

- Athletes 1 and 2 will complete Power Snatches until all reps are done OR they don't meet the minimum rep requirement at the start of each minute.
- The team must be at a combined total of 25 Power Snatches by minute 1, 50 by minute 2, etc... If they are not at that rep scheme, their workout is complete and the total amount of reps completed will be their score. For example, if the team is at 65 Reps by minute 3, they are done with the workout and their score will be 65 reps.
- Each team can perform additional reps past the minimum requirements to get ahead of the clock.
- Once all 150 reps are completed, athletes will head to the rower and row for calories until the 10 minutes is up.
- The combined score of Power Snatch Reps and calories will be the team's score.
- Highest rep count wins the workout.

**Notes:**

- Teams can partition the reps however they want to
  - One athlete can do all 150 reps if they want to as long as they meet the rep requirement per minute.
- The Power Snatch Rep is counted when the athlete is fully extended elbows, hips, and knees. The second athlete can start their rep once the first athlete's rep is completed.
- If there is a tie in Reps, the team that finished the 150 reps first, will win.
- Teams can alternate on the rower however they want to.
  - The handle of the rower must be placed in the cradle before the next athlete can start (no handoffs).

## **Gnarly Division:**

### **AMRAP 10**

100 Power Snatches 75/55

MINIMUM REP REQUIREMENT PER MINUTE:

Min 1: 15

Min 2: 30

Min 3: 45

Min 4: 60

Min 5: 70

Min 6: 80

Min 7: 85

Min 8: 90

**Highest Rep Count (Snatches + Row Calories) wins the workout.**

**Tie Breaker: Time 100 reps are completed**

- Each athlete will have their own barbell, with both athletes facing each other.
- After the call of "Go", Athlete 1 will pick up the barbell and complete Power Snatches.
- The amount of reps the Athlete completes is determined by the team's strategy.
- Athletes 1 and 2 will complete Power Snatches until all reps are done OR they don't meet the minimum rep requirement at the start of each minute.
- The team must be at a combined total of 15 Power Snatches by minute 1, 30 by minute 2, etc... If they are not at that rep scheme, their workout is complete and the total amount of reps completed will be their score. For example, if the team is at 55 Reps by minute 4, they are done with the workout and their score will be 55 reps.
- Each team can perform additional reps past the minimum requirements to get ahead of the clock.
- Once all 100 reps are completed, athletes will head to the rower and row for calories until the 10 minutes is up.
- The combined score of Power Snatch Reps and calories will be the team's score.
- Highest rep count wins the workout.

**Notes:**

- Teams can partition the reps however they want to
  - One athlete can do all 150 reps if they want to as long as they meet the rep requirement per minute.
- The Power Snatch Rep is counted when the athlete has fully extended elbows, hips, and knees. The second athlete can start their rep once the first athlete's rep is completed.
- If there is a tie in Reps, the team that finished the 150 reps first, will win.
- Teams can alternate on the rower however they want to.
  - The handle of the rower must be placed in the cradle before the next athlete can start (no handoffs).

## Movement Standards:

### Power Snatch



1. Each rep starts with the barbell on the ground (both plates touching the ground at the same time)
2. Lift the barbell overhead in one motion (no pausing at shoulder)
  - a. A partial squat in the receiving position is allowed but NOT required
  - b. A full squat is NOT allowed
3. The rep is credited when:
  - a. Knees, hips, and elbows are fully extended (not bent)
  - b. The middle of the barbell is in line with, or behind, the body when viewed from the side.

## Row



1. The monitor must be set to 0 at the beginning of the row
  - a. Any damper setting may be used at any time
2. The handle must be in the cradle position when switching athletes
  - a. You can't hand off the handle to your partner, they must grab it from the cradle.