

PAIN TO GAIN

WORKOUT #5

4/8/19 8 A.M. – 4/15/19 8

A.M.

(PACIFIC STANDARD TIME)

ATHLETE NAME:

3 ROUNDS FOR TIME

50 FT. HANSTAND WALK
(25 FT. UNBROKEN, 2 REPS)

5 SQUAT CLEANS (225/155)

15 CHEST-TO-BAR PULL-UPS

RD. #	HS WALK	SQUAT CLEANS	CHEST-TO-BAR PULL-UPS
1			
2			***
3			

RECORD TIME AFTER 2nd SET OF CHEST TO BAR PULL UPS AS THIS WILL BE SCORE 5A.

Equipment

- Barbell (225/155 lbs, 102/70 kg)
- Pull-up Bar
- Bumper Plates (18" diameter) to load appropriate weight
- Collars

Notes

Prior to starting this workout, each athlete will need to mark a starting point on the floor, measure out 25 feet and mark on the floor at the turnaround point. At the call of "3-2'1 ... go," the athlete will perform a 50 foot handstand walk in 25 foot unbroken sections. They will then perform 5 squat cleans, then 15 chest-to-bar pull ups. This is a 3 round workout. Every second counts in this workout. Your score will be the time it takes to complete all 66 repetitions.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the barbell, bumper plates, pull-up bar. Also, film the measurement of the handstand walk and the 25 foot section. The athlete, equipment, judge, and timer must all be in the video for the duration of the video. Any editing of the videos will be rejected.

Please be sure you have enough battery life, memory and time to upload your video to YouTube in order to allow a longer video.