

# Workout 3

## SNACHELLA

### Pairs (RX & SCALED Scorecard)

Presented by



Team Name: \_\_\_\_\_

#### WORKOUT 3

Within 7  
Minutes:

\_\_\_\_\_

Find A 1RM Snatch

#### EQUIPMENT:

Barbell  
Weight Plates

| X                | Athlete 1 | Completed Lift? | Athlete 2 | Completed Lift? |
|------------------|-----------|-----------------|-----------|-----------------|
| Attempted Weight |           |                 |           |                 |
| Attempted Weight |           |                 |           |                 |
| Attempted Weight |           |                 |           |                 |
| Attempted Weight |           |                 |           |                 |
| Attempted Weight |           |                 |           |                 |
| Attempted Weight |           |                 |           |                 |
| Attempted Weight |           |                 |           |                 |

Circle Highest Completed Lift from each athlete

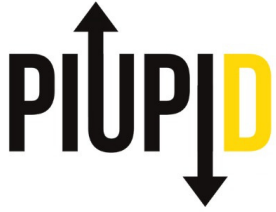
Team Captain Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.



# Workout 3

## SNACHELLA

### TEAM Scorecard

Presented by



Team Name: \_\_\_\_\_

### WORKOUT 3

Within 7  
Minutes:

\_\_\_\_\_

Find A 1RM Snatch

#### EQUIPMENT:

Barbell  
Weight Plates

| <b>X</b>                | <b>Athlete 1</b> | Completed Lift? | <b>Athlete 2</b> | Completed Lift? | <b>Athlete 3</b> | Completed Lift? | <b>Athlete 4</b> | Completed Lift? |
|-------------------------|------------------|-----------------|------------------|-----------------|------------------|-----------------|------------------|-----------------|
| <b>Attempted Weight</b> |                  |                 |                  |                 |                  |                 |                  |                 |
| <b>Attempted Weight</b> |                  |                 |                  |                 |                  |                 |                  |                 |
| <b>Attempted Weight</b> |                  |                 |                  |                 |                  |                 |                  |                 |
| <b>Attempted Weight</b> |                  |                 |                  |                 |                  |                 |                  |                 |
| <b>Attempted Weight</b> |                  |                 |                  |                 |                  |                 |                  |                 |
| <b>Attempted Weight</b> |                  |                 |                  |                 |                  |                 |                  |                 |

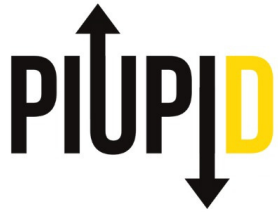
Team Captain Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.



# Workout 3

## SNACHELLA

Pairs RX & SCALED & TEAM Standards

Presented by



### WORKOUT 3

Within 7  
Minutes:

Find A 1RM Snatch

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- The Barbells will start empty, you can load whichever plates you like but must confirm weight with Judge before lifting (failure to confirm with Judge before will result in a no rep)
- Only one athlete to attempt a lift at one time
- Athletes (within the pair and team) can help each-other load the bars
- Grips and Straps are **NOT** allowed
- Thumb tape can be used
- Chalk will be provided
- There is no limit to the attempts made, however no lifts **AFTER** the buzzer will count towards the pair/teams total
- Athletes can **POWER** or **SQUAT** Snatch, but the bar must move in a fluid movement not **PAUSE** or **TOUCH** the shoulders
- Dropping of bars is allowed but only with full sized Olympic plates 5kg+
- The bars can start from the **FLOOR** or from a **HANG** position
- Completion of the rep is when the bar is **OVERHEAD** and the **HIP** and **KNEES** are **FULLY** extended **ATHLETES MUST WAIT FOR THE JUDGE TO SIGNAL THE REP IS SUCCESSFULLY LOCKED OUT BEFORE DROPPING OR PLACING THE BAR ON THE GROUND**

### EQUIPMENT:

Barbell  
Weight Plates