



HEMPLA
BATTLE AT THE EXPO

2017 EVENT DETAILS & STANDARDS

Rx & Intermediate Divisions

EVENT #1

Barbell Complex
Score = Total Combined Weight

Deadlift - Hang Clean - 2 x Thrusters

BARBELLS	BUMPER PLATES
1 X 45 POUND BARBELL	2 X 45 POUND PLATES
1 X 35 POUND BARBELL	2 X 35 POUND PLATES
2 X SETS OF CLIPS	2 X 25 POUND PLATES
	2 X 15 POUND PLATES
	2 X 10 POUND PLATES
	2 X 5 POUND PLATES
	2 X 2.5 POUND PLATES

**All teammates may help adjust weights on Barbells*

***Only 1 Athlete at a time in lifting area when completing complex*

****Flow of complex: Deadlift to hips full extension, hang clean (squat or power), 2 x Thruster*

**Subject to change as event is finalized*



NEWPLA
BATTLE AT THE EXPO

2017 EVENT DETAILS & STANDARDS

Rx & Intermediate Divisions

EVENT #2

Sandbag Relay

As Many Rounds As Possible

- 5 Ground to Shoulder
- 10 Stationary Lunges (Front or Back Rack)
- Sprint +/- 50 Feet

EQUIPMENT	DIVISIONS	STANDARDS
SANDBAG	RX - MEN/WOMEN INT. - MEN/WOMEN	80# / 40# 80# / 40#

**Subject to change as event is finalized*



HEMPLA
 BATTLE AT THE EXPO

2017 EVENT DETAILS & STANDARDS

Rx & Intermediate Divisions

EVENT #3

Rowing AMRAP

1 Teammate on Rower always rowing for MAX CALORIES

3 Teammates alternating completing as many rounds as possible of:

- 10 On and Over Box Jumps
- 10 Pull Ups
- 10 Wall Ball Shots

Farmer's Carry Kettlebells to Switch Partners

MOVEMENT	DIVISIONS	STANDARDS
ON AND OVER BOX JUMPS	RX - MEN/WOMEN INT. - MEN/WOMEN <small>*Co-ed division will use Female standard on Box Jumps</small>	30/24 24/20
PULL-UPS	RX - MEN/WOMEN INT. - MEN/WOMEN	Y / Y Y / Y
WALL BALL SHOTS	RX - MEN/WOMEN INT. - MEN/WOMEN	10 FT - 20# / 9 FT - 14# 10 FT - 16# / 9 FT - 10#
UNEVEN FARMER'S CARRY	RX - MEN/WOMEN INT. - MEN/WOMEN	70#, 53# / 53#, 35# 53#, 35# / 35#, 26#

**Subject to change as event is finalized*



NEWPLA

BATTLE AT THE EXPO

2017 EVENT DETAILS & STANDARDS

Rx & Intermediate Divisions

EVENT #4

Max Reps

Power Snatch (Barbell)

- 30 Double Under Buy In Each Round (or 12" Hurdle Hops)
- 1 Partner at a time complete Power Snatch (or Squat Snatch)
- Resting Partners must hold **stretcher** (1 on each end and 1 on the stretcher)

EQUIPMENT	DIVISIONS	STANDARDS
POWER SNATCH	RX - MEN/WOMEN INT. - MEN/WOMEN	135# / 85# 115# / 65#

**Subject to change as event is finalized*



NEWPLA
BATTLE AT THE EXPO

2017 EVENT DETAILS & STANDARDS

Rx & Intermediate Divisions

EVENT #5

Burpees & Swings

2-Minute MAX Kettlebell Swings

Buy In: 5 Man on Fire Burpees
+/- 50 Yard Sprint (1 Lap Around Competition Area)

With remaining time as many swings as possible

MOVEMENT	DIVISIONS	STANDARDS
KETTLEBELL SWINGS	RX - MEN/WOMEN INT. - MEN/WOMEN	70# / 53# 53# / 35#

**Subject to change as event is finalized*