

THRUSTER

WALL BALL

FRONT SQUAT

PUSH PRESS

SQUAT



From a 'rack' position (bar on collarbone, elbows in front of the bar) the athlete will descend into a low front squat, and then rapidly ascend and transfer smoothly into a push press. The bar returns to start at the chest.



Holding a ball beneath the chin, the athlete descends into a front squat position (elbows high) and then ascends rapidly, pushing the ball overhead to reach a set height (usually 10'.) Catching the ball, the athlete rapidly descends back into a front squat.



Holding the bar in 'rack' position (bar on collarbone, elbows in front of the bar, head high, chest big) the athlete squats with even pressure on the foot (no rolling onto toes or heels.) The athlete's knee angle goes below 90 degrees, and then the athlete returns to standing without dipping her elbows on the ascent.



Using a slight dip in the knees to assist with overhead 'drive,' the athlete presses the bar from chest to overhead, finishing with the bar over his centre of gravity (upper arms behind the ears.)



With even pressure on the foot, the athlete sits back into a position of hips behind the heels. Hands may be in front for counterbalance. Pressure should be on the heel instead of the forefoot. Athlete rises smoothly, activating their hips first, with a rigid torso and slight forward lean.



20 in a row without a miss.

10 in a row with a 35lbs bar.

10 in a row with 35lbs bar.

20 nonstop.

