

Day One:

Events:

Sigmarsson Wheels Deadlift:

Athlete will have 60 seconds to pull amrap. Up and Down commands will be given. Axle will be at 19". Chalk, Straps, Wraps, Sleeves, Belts allowed. No Suits or Briefs.

Overhead Power Medley:

Athlete will have 90 seconds to complete the medley. Down commands will be given for each good lift. Implement must be controlled down. If dropped, no lift. Chalk, wraps, sleeves, belts allowed. No grip shirts.

Barbell: Athlete will clean a standard barbell from the floor and press over head. Snatch allowed.

Dumbbells: Athlete will clean both dumbbells simultaneously and press.

Log: Athlete will clean and press the log. Viper allowed.

Axle: Athlete will clean and press the axle. Continental allowed, snatch allowed. In regards to resting on belt, PAUSING will be allowed, a lackadaisical rest will not be.

Log: Athlete will clean and press the log. Viper allowed.

Yoke:

Athlete will have 60 seconds to carry the yoke 50'. Front of yoke must cross finish line. 1 drop allowed, sliding will be counted as a drop. Make sure you set your height high enough you do not slide the yoke. Chalk, wraps, sleeves, belts allowed. No grip shirts.

Front Hold:

Athlete will hold 2 dumbbells total, one in each hand, outfront of body at full extension for as long as possible. Arms will be 90 degrees to the body. There will be a string pulled taught in front of the athlete as a height limit. When the athletes hands fall far enough to bow the string athletes time will stop. Chalk, wraps, sleeves, belts allowed.

Pyramid of Strength:

Athlete will have 90 seconds to complete the medley. Medley will start with the Husafell stone, followed by the barrel load, and ending with the power stairs. Chalk, wraps, sleeves, belts allowed. No straps.

Husafell Stone: Athlete will pick from ground and carry stone 25'.

Barrel Load: Athlete will load upright barrels in order from ground up onto platform. Barrels will have large handles running through them. Platforms height will be 20", 18", 16", and 14".

Power Stairs: Athlete will load implement up 4 stairs, 15" high each.

Day Two:

Back Load Carry: Athlete will have assistance loading sandbag on upper back from platform. Once loaded athlete will be given start command and carry the bag 50' as fast as possible. Wraps, sleeves, chalk, belts allowed.

Car Lift: Athlete will essentially squat a car on an apparatus for amrap in 60 seconds. Apparatus must move a total of 12" vertically for rep to count. Up and Down commands will be given. Chalk, Wraps, Sleeves, Belts allowed. No suits or briefs.

Power Walk: More commonly known as farmers carry. Athlete will carry farmers handles 50'. 1 Drop allowed. Wraps, sleeves, belts, chalk allowed.

Press Medley: Athlete will have 75 seconds to clean and press each dumbbell for 1 rep, per arm. Dumbbells 1 and 2 will be cleaned single handed. Dumbbells 3 and 4 can be cleaned with both hands, but only pressed with single arm. Belts, wraps, sleeves, chalk allowed.

Atlas Stones: Athlete will have 75 seconds to carry and load 5 stones to platform. Stone will be shouldered then carried to platform on shoulder. Carry distance will be as follows:
Stone 1: 10'
Stone 2: 8'
Stone 3: 6'
Stone 4: 4'
Stone 5: 2'
Wraps, Sleeves, Belts, Chalk, Tack allowed.