



EVENT 2 – LOVE IT & LIFT IT

Each of the following lifts will be completed by two team members on each team:

2A) 1 Unbroken “DT” Set (12 Deadlifts, 9 Hang Cleans, 6 S2O) for Max Weight

2B) 3RM Hang Snatch (Squat or Power, Athlete Choice) for Max Weight

2C) 5RM Bench Press for Max Weight

Each lift will be given a 5min running clock to complete as many attempts as the athlete chooses.

The heaviest successful attempt will be that athlete’s score.

2A, 2B and 2C will be scored separately as the combined weight of each lift from the two team members.