



WORKOUT DESCRIPTION

THE NEW YEAR TEST

LEVELS 1-3

WORKOUT: The workout is a 7 minute AMRAP (as many reps as possible) of Front Squats and Bar Facing Burpees. Each round the athlete will complete 5 front squats and then 7 bar facing burpees. The athlete will continue through as many rounds and reps as possible until time expires. Each repetition of a Front Squat and each repetition of a Bar Facing Burpee counts as 1 rep.

LEVEL 1	MEN	WOMEN
5 Front Squats	65 lbs	35 lbs
7 Bar Facing Burpees		

LEVEL 2	MEN	WOMEN
5 Front Squats	95 lbs	65 lbs
7 Bar Facing Burpees		

LEVEL 3	MEN	WOMEN
5 Front Squats	155 lbs	115 lbs
7 Bar Facing Burpees		

EQUIPMENT

- Weight lifting bar
- Plates to load the appropriate amount for each level
- Bar collars

NOTES

At the sound of “3-2-1 GO” the athlete will pick up the bar from the floor and perform 5 front squats. No racks are permitted. The athlete may use perform a power clean and then start their first Front Squat, or they may perform a full Squat Clean. After completing 5 Front Squats the athlete will return the bar to the floor (dropping the barbell is allowed) and then start 7 Bar Facing Burpees.

After completing all 7 Bar Facing Burpees the athlete moves on to the next round with 5 Front Squats. This pattern continues until the 7 minute clock expires.

STANDARDS

Front Squat:

This movement begins the barbell in the front rack position, how you get it there is irrelevant, but no racks are allowed. Before the athlete may start squatting he or she must start from a full upright standing position, full extension at the knees, legs and hips. At the bottom of the squat, the hip crease must pass below the top of the knees. The athlete must return to full extension of the knees, legs and hips to complete each rep before continuing on. The athlete may also perform a full Squat Clean, which is especially useful for the first rep when taking the bar from the floor.

Bar Facing Burpees:

Each Bar Facing Burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell when the chest is in contact with the floor. The chest and thighs touch the ground at the bottom. You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The next rep will then begin on the opposite side facing the barbell. One footed jumping or stepping over the bar is permitted for Level 1 only.