



FITTEST MUM ONLINE QUALIFIER

SOME OF THE MOVEMENTS AND STANDARDS

AIR SQUAT

(All divisions)

The movement begins and ends with the athlete standing with the hip and knee fully extended. The athlete must be standing in full extension before the rep begins. At the bottom the hip crease must be below parallel.

FRONT SQUAT

(RX 60kg / Masters 40+ 40kg / Scaled 30kg / Masters 45+ 30kg / Beginners 25kg)

The movement begins and ends with the athlete standing with the hip and knee fully extended. The barbell must be racked on the front of the shoulders with the athlete standing in full extension before the reps begin. Any grip is permitted as long as the bar is in the front-rack position. At the bottom the hip crease must be below parallel.

PISTOL

(RX only)

The movement begins and ends with the athlete standing and the hip and knee fully extended showing control. Athletes must alternate legs after every successful rep and cannot alternate until a successful rep is completed. Athletes must remain in their lane or the rep will not count. The hip crease must be below the top of the knee at the bottom and the opposite foot (non-supporting leg) cannot touch the ground until the repetition is completed. The non-supporting foot must be in front of the supporting foot during the entire repetition. You may hold the foot of the opposite (non-supporting) leg with your hand while performing the movement.

THRUSTER

(RX 40kg / Masters 40+ 30kg / Scaled 25kg / Masters 45+ 25kg / Beginners 20kg)

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

CLEANS

(RX 60kg / Masters 40+ 40kg / Scaled 35kg / Masters 45+ 35kg / Beginners 30kg)

The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders with each repetition finishing with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended.

SNATCH

(RX 40kg / Masters 40+ 30kg / Scaled 25kg / Masters 45+ 25kg / Beginners = Ground To Overhead Anyhow 20kg)

The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. A Muscle, Power or full Squat Snatch is allowed.

DEADLIFT

(RX 70kg / Masters 40+ 50kg / Scaled 45kg / Masters 45+ 45kg / Beginners 40kg)

This is a standard deadlift with the hands outside the knees, any grip is permitted but sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. Any hand position is allowed, but the arms must be straight throughout. No bouncing. The barbell begins on the ground and must touch the ground between each rep. Dropping the barbell at the top of the movement is permitted but not required. Chalk and any injury prevention/protection such as tape are permitted. Sticky substances, wraps, or anything used for advantage are prohibited. Belts are permitted.

GROUND 2 OVERHEAD 15KG

(With bumper plate) All Divisions 15kg

Each rep begins with the plate touching the floor while being held in both hands and finishes with the plate fully locked out overhead and over the middle of the body. Any technique or grip is allowed as long as the plate touches the floor at the bottom, remains in both hands of the athlete throughout the entire movement and finishes directly over the body with the feet in line and face is forward of the window.

SHOULDER 2 OVERHEAD

(RX 45kg / Masters 40+ 35kg / Scaled 30kg / Masters 45+ 35kg / Beginners 25kg)

Each rep begins with the barbell on the shoulders (below the chin) and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line and face is forward of the window. Using a rack is not permitted.

KB SWING

(RX 20kg / Masters 40+ 16kg / Scaled 16kg / Masters 45+16kg / Beginners 12kg)

At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centered over the feet with the hips and knees fully extended and the arms straight. At the bottom the bell must pass behind the heels.

WALLBALL

(RX 6kg / Masters 40+ 6kg / Scaled 4kg / Masters 45+ 4kg / Beginners 4kg)

The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the target above the required height marker. The ball must make contact with the target. If the ball hits the bottom or top edge of the height marker or does not hit the target at all, it is a no rep. The rep is counted when the ball makes contact with the target. If the ball is dropped, it must come to a full stop on the ground before the athlete may pick it up for the next rep.

TOE TO BAR

(RX only and Masters 40+)

The athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

PULL UP

(RX = Chest To Bar / Masters 40+ = Chin Over Bar / Scaled, Masters 45+ & Beginners = N/A for online)

This is a standard pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.

BURPEE TO PLATE

(Scaled and Masters)

The movement starts by dropping down to the burpee ground position. The athlete's head cannot be over the plate. The chest and thighs must touch the ground at the bottom. The athlete must jump on to the plate from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The rep is counted when the athlete has landed on the plate with both feet. Both the burpee and the jump is required to be "plate facing" (i.e. side jump is not allowed).

BOX JUMP OVER

(RX 60cm / Masters 40+ 50cm / Scaled 50cm / Masters 45+ 50cm / Beginners 50cm / Masters, Scaled & Beginners = steps up allowed)

Each rep begins with a two-footed jump. Step-ups are only permitted for Scaled and Masters. Both feet must be on the top of the box at the same time before jumping down to other side. Full lockout on top of the box is not required. Each rep ends on the opposite side of the box from where it began. The next rep will begin from there and return to the first side.

DOUBLE UNDERS

(RX, Masters 40+ & Masters 45+)

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

BAR HOPS

(All Divisions)

The lateral bar over hop begins with both feet on one side of the bar, and ends with both feet on the other side. Every jump over the bar counts as one rep. You must take off with two feet and land with two feet. No bunny hops permitted.

BURPEES / BURPEE OVER BAR

(All Divisions)

The movement starts by dropping down to the burpee ground position. The athlete's head cannot be over the barbell. The chest and thighs must touch the ground at the bottom. The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The rep is counted when the athlete has landed on the opposite side of the bar with both feet. Neither the burpee nor the jump is required to be "bar facing" (i.e. side jump is allowed).

GOBLET SQUATS (WITH KETTLEBELL)

(RX 20kg / Masters 40+ 16kg / Scaled 16kg / Masters 45+ 16kg / Beginners 12kg)

The kettlebell is held upside down, in both hands, centered on the body. The squat movement starts with your knees and hips fully extended. You must squat deep enough for your hip crease to be below the level of top of your patella. You must return to the start position to finish the rep.

LUNGES

(All Divisions)

The athlete must lunge forward until the back knee touches the floor then return to a fully upright position with legs and hips fully extended. Athletes must alternate their lead leg on every rep.

FRONT RACK LUNGE

(RX 50kg / Masters 40+ 45kg / Scaled 40kg / Masters 45+ 40kg / Beginners 25kg)

Movement is started from a standing position with the barbell in the front rack position, resting with both elbows in front of the body. A step is taken forward in to a lunge position. The back knee is required to touch the ground (though allowance given for range of motion issues), however the hip crease must be below the top of the forward knee at the bottom. The rep is finished by the athlete stepping back into a standing position with the hip and knee fully extended and both feet together. On the first rep, or if the bar has been lowered and repositioned, the movement can be initiated on either leg but each consecutive rep must be alternated. Resting at any point is acceptable, but movement must begin from the location of the last completed rep, which requires standing up fully with the plate overhead.

KETTLEBELL SNATCH

(RX 20kg / Masters 40+ 16kg / Scaled 16kg / Masters 45+ 16kg / Beginners = Clean & Jerk 12kg)

The kettlebell must be moved from the ground to full lockout overhead in one continuous motion, without stopping at the shoulders. The top position requires the knees and hips to be fully open, with the kettlebell locked out overhead over the center of the body. Once the top position is successfully established, the kettlebell must be brought back below the waist line under control while maintaining a full grip with at least one hand. The athlete may use either or both hands to lower the weight under control. The kettlebell may not be dropped from any height. Athletes are not required to alternate arms after each rep.