



For Athletes in their Prime

# STANDARDS

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NC FITNESS



## MLO 26.1

### MLO 26.1

WOD - 1

#### Part A

0:00-6:00min

6mins to build to a 2 rep Max Deadlift

#### Part B – For Time

6:00-16:00min

21 – 15 – 12 – 9 of:

Ground to Overhead

Bar Facing Burpees

**TIEBREAK TIME is when you have completed 21 G2OH and 21 Bar facing Burpees in Part B.**

### EQUIPMENT

- BARBELL M 20KG F 15KG
- WEIGHT PLATES
- COLLARS
- FLOOR TAPE

### NOTES

Your score for **Part A** is based on your heaviest successful lift. For **Part B**, the score is based on time. If any repetitions remain incomplete, each uncompleted rep will add one second to your 10-minute limit.

BARBELL = BB

**TIEBREAK TIME** is when you have completed 21 G2OH and 21 Bar facing Burpees in Part B.

### VARIATIONS

#### HERO

35-49  
M 35kg F 25kg  
Jump Over BB

50-59  
M 35kg F 25kg  
Jump or Step Over BB

60-69  
M 35kg F 25kg  
Jump or Step Over BB

70+  
M 30kg F 20kg  
Jump or Step Over BB

#### WARRIOR

35-49  
M 35kg F 25kg  
Jump Over BB

50-59  
M 35kg F 25kg  
Jump or Step Over BB

60-69  
M 35kg F 25kg  
Jump or Step Over BB

70+  
M 30kg F 20kg  
Jump or Step Over BB

#### SOLDIER

35-49  
M 35kg F 25kg  
Jump or Step Over BB

50-59  
M 35kg F 25kg  
Jump or Step Over BB

60-69  
M 30kg F 20kg  
Jump or Step Over BB

70+  
M 25kg F 15kg  
Jump or Step Over BB

#### GENDER DIVERSE

35-49  
GD 25kg  
Jump Over BB

50-59  
GD 25kg  
Jump or Step Over BB

60-69  
GD 25kg  
Jump or Step Over BB

70+  
GD 20kg  
Jump or Step Over BB



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**MLO 26.1**



## MOVEMENT STANDARDS

### DEADLIFT:

The rep begins with the Barbell on the ground. The athletes' hands must remain outside of the knees – sumo deadlifts are NOT PERMITTED. The athletes' arms must remain straight throughout the lift. Bouncing the bar from the ground is NOT PERMITTED. The rep is completed when the athletes' hips and knees are at full extension and the athletes head and shoulders are behind the bar.

### GROUND TO OVERHEAD (G2OH):

Every repetition begins with the barbell on the ground. Any variation of a snatch or clean and jerk is permitted. Touch-and-go repetitions are allowed; however, the barbell must not be deliberately bounced. Dropping the barbell from overhead is acceptable, but it must fully settle on the ground before the next repetition begins. When using an empty barbell or bumper plates smaller than standard size, each repetition must start with the barbell clearly below the knees.

A repetition is completed when the barbell is held overhead at full lockout, with the hips, knees, and arms fully extended, and the barbell positioned directly over or slightly behind the middle of the body. If a split-style lift is used, both feet must be brought back in line under the body before the repetition is considered complete.

### BAR FACING BURPEES:

The athlete must place a taped line on the floor measuring approximately 2.5–4 metres in length, with the barbell positioned at the centre of the line. An Olympic barbell fitted with 18-inch plates must be used. All repetitions must be performed perpendicular to and facing the barbell.

From the standing position, the athlete may step or jump back to the bottom of the burpee. The body must descend directly onto the centre of the taped line for every repetition. At the bottom, the chest and thighs must clearly make contact with the floor, with the athlete's head positioned behind the barbell. Throughout the movement, the hands and feet must remain within the width of the plates.

The athlete may step or jump back to the standing position. To complete the repetition, the athlete must clear the bar by jumping, ensuring that both feet are off the ground at the same time at some point during the movement. Touching the barbell or stepping over the barbell is not permitted. Scaled divisions and 50+ athletes are permitted to step over the barbell.

The repetition is counted when both feet have made contact with the floor on the opposite side of the barbell. The feet do not need to land simultaneously. Before beginning the next repetition, the athlete must again be perpendicular to and facing the barbell.

If a no-rep is issued for any reason, the entire repetition must be repeated.



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### WORKOUT FLOW:

#### Start

- Athlete starts **behind the barbell** with an **empty barbell**
- On the judge's call: **"3...2...1...GO"** the workout begins

#### PART A – Strength

**Time Cap:** 6:00 minutes

**0:00–6:00**

- Build to a **2-Rep Max Deadlift**
- Athlete may increase weight as desired
- They must be touch and go repetitions, the bar must not rest on the floor
- Athlete may have assistance changing the weight
- Unlimited attempts within the 6-minute window
- **Score:** Heaviest successful 2-rep deadlift

👉 Any deadlift repetitions completed after the 6min mark will be no reps. Part B must start at the 6min mark

- Athletes must load their own barbell for Part B using the same barbell from Part A.

#### \*Part B:

Hero, Warrior & Soldier (35–54) to complete **21, 15, 12, 9 reps.**

Hero, Warrior & Soldier (55+) to complete **21, 15, 9 reps.**

Please refer to the correct scorecard below.

#### PART B – For Time

**Time Window:** 6:00–16:00

**Remaining time after Part A**

**21 – 15 – 12 – 9 of:**

- Ground to Overhead
- Bar-Facing Burpees

#### Flow:

1. Athlete completes:
  - **21 Ground to Overhead**
  - **21 Bar-Facing Burpees**
2. Returns to the bar to complete:
  - **15 Ground to Overhead**
  - **15 Bar-Facing Burpees**
3. Then:
  - **12 Ground to Overhead**
  - **12 Bar-Facing Burpees**
4. Finish with:
  - **9 Ground to Overhead**
  - **9 Bar-Facing Burpees**

#### Finish

- Workout ends when the athlete completes the final **9th bar-facing burpee** or when the **16:00 cap** is reached
- **Score Part A:** Is based on your heaviest successful lift.
- **Score Part B:** The score is based on time. If any repetitions remain incomplete, each uncompleted rep will add one second to your 10-minute limit.



For Athletes in their Prime

# MLO 26.1 SCORECARD

**\*HERO 35-54 \*WARRIOR 35-54 \*SOLDIER 35-54**

**MLO 26.1**

**WOD-1**

**Part A**

**0:00-6:00min**

6mins to build to a 2 rep Max Deadlift

**Part B – For Time**

**6:00-16:00min**

21 – 15 – 12 – 9 of:  
Ground to Overhead  
Bar Facing Burpees

**TIEBREAK TIME is when you have completed 21 G2OH and 21 Bar facing Burpees in Part B.**

**PART A – 0:00-6:00mins**

|                      |           |           |           |
|----------------------|-----------|-----------|-----------|
| • 2 Rep Max Deadlift | Attempt 1 | Attempt 2 | Attempt 3 |
|                      | Attempt 4 | Attempt 5 | Attempt 6 |

**PART B – 6:00-16:00mins**

|         |                       |                       |
|---------|-----------------------|-----------------------|
| Round 1 | 21 Ground to Overhead | 21 Bar Facing Burpees |
|         |                       | <b>Tiebreak Time:</b> |
| Round 2 | 15 Ground to Overhead | 15 Bar Facing Burpees |
|         |                       |                       |
| Round 3 | 12 Ground to Overhead | 12 Bar Facing Burpees |
|         |                       |                       |
| Round 4 | 9 Ground to Overhead  | 9 Bar Facing Burpees  |
|         |                       |                       |

**ATHLETE NAME** \_\_\_\_\_

**PART A - HEAVIEST LIFT:** \_\_\_\_\_

**PART B - TIME:** \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60-64  65-69  70+   
HERO  WARRIOR  SOLDIER  GENDER DIVERSE

**TIEBREAK TIME:** \_\_\_\_\_

**STATE** \_\_\_\_\_

**JUDGE NAME** \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 26.1

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**VARIATIONS**

| <b>HERO</b>                                    | <b>WARRIOR</b>                                 | <b>SOLDIER</b>                                 | <b>GENDER DIVERSE</b>                    |
|--|--|--|--|
| 35-49<br>M 35kg F 25kg<br>Jump Over BB         | 35-49<br>M 35kg F 25kg<br>Jump Over BB         | 35-49<br>M 35kg F 25kg<br>Jump or Step Over BB | 35-49<br>GD 25kg<br>Jump Over BB         |
| 50-54<br>M 35kg F 25kg<br>Jump or Step Over BB | 50-54<br>M 35kg F 25kg<br>Jump or Step Over BB | 50-54<br>M 35kg F 25kg<br>Jump or Step Over BB | 50-54<br>GD 25kg<br>Jump or Step Over BB |



For Athletes in their Prime

# MLO 26.1 SCORECARD

**\*HERO 55+ \*WARRIOR 55+ \*SOLDIER 55+**

**MLO 26.1 WOD-1**

**Part A**  
**0:00-6:00min**  
 6mins to build to a 2 rep Max Deadlift

**Part B – For Time**  
**6:00-16:00min**  
 21 – 15 – 9 of:  
 Ground to Overhead  
 Bar Facing Burpees

**TIEBREAK TIME is when you have completed 21 G2OH and 21 Bar facing Burpees in Part B.**

**PART A – 0:00-6:00mins**

|                      |           |           |           |
|----------------------|-----------|-----------|-----------|
| • 2 Rep Max Deadlift | Attempt 1 | Attempt 2 | Attempt 3 |
|                      | Attempt 4 | Attempt 5 | Attempt 6 |

**PART B – 6:00-16:00mins**

|         |                       |                       |
|---------|-----------------------|-----------------------|
| Round 1 | 21 Ground to Overhead | 21 Bar Facing Burpees |
|         |                       | <b>Tiebreak Time:</b> |
| Round 2 | 15 Ground to Overhead | 15 Bar Facing Burpees |
|         |                       |                       |
| Round 3 | 9 Ground to Overhead  | 9 Bar Facing Burpees  |
|         |                       |                       |

**ATHLETE NAME** \_\_\_\_\_

**PART A - HEAVIEST LIFT:** \_\_\_\_\_

**PART B - TIME:** \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60-64  65-69  70+   
 HERO  WARRIOR  SOLDIER  GENDER DIVERSE

**TIEBREAK TIME:** \_\_\_\_\_

**STATE** \_\_\_\_\_

**JUDGE NAME** \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 26.1

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**VARIATIONS**

| <b>HERO</b>                                    | <b>WARRIOR</b>                                 | <b>SOLDIER</b>                                 | <b>GENDER DIVERSE</b>                    |
|--|--|--|--|
| 55-59<br>M 35kg F 25kg<br>Jump or Step Over BB | 55-59<br>M 35kg F 25kg<br>Jump or Step Over BB | 55-59<br>M 35kg F 25kg<br>Jump or Step Over BB | 55-59<br>GD 25kg<br>Jump or Step Over BB |
| 60-69<br>M 35kg F 25kg<br>Jump or Step Over BB | 60-69<br>M 35kg F 25kg<br>Jump or Step Over BB | 60-69<br>M 30kg F 20kg<br>Jump or Step Over BB | 60-69<br>GD 25kg<br>Jump or Step Over BB |
| 70+<br>M 30kg F 20kg<br>Jump or Step Over BB   | 70+<br>M 30kg F 20kg<br>Jump or Step Over BB   | 70+<br>M 25kg F 15kg<br>Jump or Step Over BB   | 70+<br>GD 20kg<br>Jump or Step Over BB   |