

THE COMPLEX

One bar. Five lifts. Find your **1-rep max** – the bar only touches the floor once.

-  **01 DEADLIFT**
bar from floor • hips to lockout
-  **02 POWER CLEAN**
bar from floor • high catch
-  **03 SQUAT CLEAN**
bar from floor • full squat catch
-  **04 HANG POWER CLEAN**
bar from hang • high catch
-  **05 HANG SQUAT CLEAN**
bar from hang • full squat catch

⚠ STANDARDS

- › No resting between movements – one continuous barbell complex.
- › Drop the bar, and you restart the whole chain from the deadlift.
- › Men and women go head-to-head in the same heat.
- › 15-minute window to establish your 1-rep-max complex.