

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.