



## Max Complex

**10:00**

Both athletes establish a max load of the complex:

1 Clean +  
2 Front Squats

Time Cap: 10:00

### Event Flow

Athletes begin standing just behind their designated lifting platform. At the sound of the beep, athletes may load their barbell and begin lifting. Athletes may take as many attempts as they choose and may lift in any order.

### Movement Standards

For the clean, the barbell must start on the floor and finish with the athlete standing tall (knees and hips locked out) with the barbell in a controlled rack position and elbows in front of the bar. Any style of clean is permitted: power, squat, split, or hang. Once the cleaning is completed, the athlete must perform two front squats in order to receive credit for a successful complex.

For the front squats, the hip crease must clearly pass below the top of the knees in the bottom position, and the finish position is the same as the clean: standing tall (knees and hips locked out) with the barbell in a controlled rack position and elbows in front of the bar. Athletes must verbally state the weight on the barbell to their judge prior to the start of the complex. The entire complex (1 clean + 2 front squats) must be completed before the 10:00 time cap in order to receive credit for the weight.

### Scoring

Score for "Max Complex" is the total weight of the heaviest successful complex performed by both athletes. 100 points available.