

ALL DIVISIONS

7 MINUTES TO BUILD TO:
1 REP MAX CLEAN

Workout Notes

- Teammates share 1 barbell
- Teammates can help each other load and change weights
- Teammates do not have to lift the same weight
- Teammates can take turns or alternate reps however they'd like
- Athletes can take as many attempts as they would like in the 7 minutes
- Weight can be changed up or down
- Collars are not required
- Barbell must be evenly loaded
- Barbell will start loaded with weight of your choice for your first attempt
- The entire lift must be completed before the clock shows 7:00 for the lift to count
- Score is sum of each teammate's heaviest successful lift

INDUSTRIOUS 
HALO
GAMES
2026

EVENT 1
1 REP MAX CLEAN
MOVEMENT STANDARDS

Clean



- The rep starts with the bar on the ground.
- Power, squat, and split cleans are permitted.
- The rep is completed by standing tall showing control with the bar in the front rack position