MASTERS HQ ONLINE 2026

Name: _____

MHQ 26.2

PART A) 7min AMRAP

9 Cleans

9 Lateral Burpees Over Bar

RX: 30-54 = 60/40kg bar
55+ = 45/30kg bar

INT: 30-54 = 45/30kg bar
55+ = 35/20kg bar

SCALING (Int only) = 30-54 = 35/20kg
55+ = 30/15kg

- Rest 2 mins then -

Cleans	Burpees Over Bar	Total
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*18*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*36*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*54*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*72*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*90*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*108*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*126*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*144*
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	*162*

**** CIRCLE FINAL REP****

PART B) For Time (9 min cap)

21 – 15 – 9

Deadlifts

Handstand Push Ups

RX: 30-54 = 100/70kg, HSPU to ground
55+ = 80/55kg bar, HSPU to Abmat (>133mm)

INT: 30-54 = 80/55kg, HSPU to Abmat (>133mm
55+ = 60/40kg, HSPU to Abmat (>133mm)

SCALED (Int Only):
30-54 = 60/40kg, Dbl DB S2OH @ 15/10kg
55+ = 40/30kg, Dbl DB S2OH @ 10/5kg

	Reps	Total
DL	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	*21*
HSPU	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	*42*
DL	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	*57*
HSPU	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	*72*
DL	1 2 3 4 5 6 7 8 9	*81*
HSPU	1 2 3 4 5 6 7 8 9	*90*

**** CIRCLE FINAL REP IF NOT COMPLETED****

FINISH TIME: _____

MHQ 26.2A **Reps Completed =** _____

MHQ 26.2B **Finish Time OR Reps Completed =** _____