



20.1 “GTD2020”

WORKOUT DESCRIPTION 20.1

Set a timer to 20 minutes and complete 20.1. The workout is for time.

20.1 “GTD 2020”

20 Toes to Bars

20 Deadlifts

20 Pull Ups

20 Cleans

20 Chest to Bars

20 Thrusters

20 Bar Muscle-Ups

20 Snatches

70/47,5 kg | 155/105 lbs

NOTES

The workout begins with the athletes standing tall. At the call of “3, 2, 1... go” the athlete may start performing toes to bar for 20 repetitions before advancing to the barbell for 20 deadlifts. The athlete will continue in this fashion until all movements and repetitions are completed. The score is the time it took the athlete to perform all 160 repetitions.

SCORE

The score will be the time to finish this workout or the total number of reps completed before the 20 min time cap.

Team Score

The team score of 20.1 will be the sum of all four scores.

EQUIPMENT

Mandatory:

- Barbell
- Weights
- Pull Up Bar
- Collars

Allowed:

- Tape
- Gloves or grips to protect the hand
- Knee sleeves
- Wristbands
- Weightlifting belt
- Training or weightlifting shoes
- Magnesia/Chalk

Forbidden:

- Any kind of grip enhancement strap

MOVEMENT STANDARDS

General Note

Movement Standards to us mean we don't judge technique we only judge you hitting certain positions. Those positions are clearly defined below and will ensure all athletes doing the same work. The technique you use for certain movements is up to you. What is not stated will not be judged.

Toes to Bar

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels behind bar
- Finish Position: Both feet (any part of foot) making physical contact with the bar inside hands at the same time at some point

Deadlift

- Start Position: Barbell on the floor (both plates touching at the same time)
- Requirements: Arms must be on the outside of legs, No bouncing during touch'n'go
- Finish Position: Hang position with shoulders behind bar, hips and knees fully extended

Pull Up

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels below or behind bar
- Finish Position: Chin breaking horizontal plane created by the bar

Clean

- Start Position: Barbell on the floor (both plates touching at the same time)
- No bouncing during touch'n'go
- Finish Position: Barbell in front rack position (elbows in front, hips and knees fully extended)

Chest to Bar Pull Up

- Start: Athlete hanging from pull up bar, elbows fully extended, heels below or behind bar
- Finish: Chest (collar bone or below) making physical contact with the bar

Thruster

- Start: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Barbell overhead in line with body with elbows, shoulders, hips and knees fully extended
- Note: First rep off the floor can be a squat clean into a thruster

Bar Muscle Up

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels below or behind bar
- Requirement: Some portion of a dip above pull up bar
- Finish Position: Athlete in support with elbows fully extended, shoulders above bar
- Note: On the swing heels cannot rise higher than the bar

Snatch

- Start Position: Barbell on the floor (both plates touching at the same time)
- Requirements: One fluid motion from floor to overhead position, No bouncing during touch'n'go
- Finish Position: Overhead position with barbell in line with body with elbows, shoulders, hips and knees fully extended

VIDEO SUBMISSION STANDARDS

Prior to starting, film the bar and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. We suggest using WodProof to film the video.

Remember:

- You must submit a valid video link of your video with your submission of your score
- You must make sure that the video can be watched (e.g. copyright issues on YouTube)
- You must make sure to read the description to be aware of details
- You must make sure that your video is good enough that your score can be judged

SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description and to submit your score in time.

Scores must be submitted before the **20th of January 2020, 17:59 CET**. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de