



20.2

WORKOUT DESCRIPTION 20.2

Set a timer to 7 minutes and complete 20.2. The workout is for distance.

20.2

35 Burpees over the Rower

then

Row for Distance

NOTES

The workout begins with the athlete standing tall. At the call of “3, 2, 1... go” the athlete may start performing burpees over the rower. Once 35 burpees are performed the athlete will advance to the rower and start rowing for meters in the remaining time. The score is the total amount of meters performed after a total time of 7 minutes. The athlete must stop pulling once 7 minutes are over. It is ok for the monitor to continue counting the final meters.

SCORE

The score will be the distance rowed before the 7 min time cap.

Team Score

The team score of 20.2 will be the sum of all four scores.

EQUIPMENT

Mandatory:

- Concept 2 rower with PM3, PM4 or PM5

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.

Burpee over Rower

- Start Position: Chest and thighs are on the ground at the same time at some point
- Requirement jump over: Two foot take off
- Finish Position: Both feet touching the floor on opposite side of rower
- Note: Jump needs to happen over the rail of the rower

Row

- Start Position: Athlete strapped onto rower, hands off the handle
- Finish Position: Athlete strapped, hands off the handle when monitor reads respective distance/power output

VIDEO SUBMISSION STANDARDS

Prior to starting, film the rower to be used so the model 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