



20.3

WORKOUT DESCRIPTION 20.3

Set a timer to 1-minute intervals and complete 20.3. The workout is for reps.

20.3 “Power Fight Gone Bad”

3 rds of 1-min intervals

Wall Ball Shots (9/6 kg | 20/14 lbs)

Power Cleans (34/25 kg | 75/55 lbs)

Box Jumps (50cm | 20 inch | both genders)

Push Presses (34/25 kg | 75/55 lbs)

Row (Cal)

Rest

NOTES

The workout begins with the athlete standing tall. At the call of “3, 2, 1... go” the athlete may start performing wall ball shots for one minute. After 60 seconds the athlete will advance to the barbell and perform power cleans for one minute. The next 60 seconds are reserved for box jumps followed by one minute of push presses and finally one minute of rowing for calories. There is one minute of rest before the next round. The athlete will continue in this fashion for a total of three rounds. The score is total repetitions completed after 17mins.

Please note that the movement has to be switched in the respective order after 60 seconds. Repetitions of one movement performed for longer than 60 seconds will not count towards the athletes score.

SCORE

The score will be the reps achieved in the 3 rounds.

Team Score

The team score of 20.3 will be the sum of all four scores.

EQUIPMENT

Mandatory:

- Concept 2 rower with PM3, PM4 or PM5
- Barbell
- Weights
- Collars
- Wall Ball
- Plyo Box

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.

Wall Ball Shot

Start Position:

- Medicine ball in front rack position with hips extended
- Bottom Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Equator of medicine ball hitting target height or above at some point
- Note: Anytime the ball is taken from the floor the ball needs to come to a full stop, no bouncing off the floor

Power 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)

Box Jump

- Start Position: Both feet on the ground
- Requirement: Two foot take off
- Finish Position: Both feet on the box, hips and knees fully extended
- Note: The Box may not be touched with the hands!

Push Press

- Start Position: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Finish Position: Overhead position with barbell in line with body with elbows, shoulders, hips and knees fully extended

Row

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

VIDEO SUBMISSION STANDARDS

Prior to starting, film the equipment to be used so everything can be seen clearly. We recommend setting up the equipment as shown in the video. 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 **27th of January 2020, 17:59 CET**. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de