



# 20.4

## WORKOUT DESCRIPTION 20.4

Set a timer to 5 minutes and establish a 10-rep max Front Squat and complete 20.4. The workout is for max weight.

### 20.4

10-rep-max Front Squat

## NOTES

The workout begins with the athletes standing tall. At the call of “3, 2, 1... go” the athlete may start performing front squats. The barbell can come from a rack however ten front squats have to be performed before reracking or dropping the barbell. The score is total weight lifted in kilograms. There is a 5-minute time cap for this workout.

## SCORE

The score is total weight lifted in kilograms.

### Team Score

The team score of 20.4 will be the sum of all four scores.

## **EQUIPMENT**

### Mandatory:

- Barbell
- Weights

### Allowed:

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

### 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.

### Front Squat

- Start Position: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Barbell in front rack position (elbows in front), hips and knees fully extended)
- Note: Barbell can come from a rack

## **VIDEO SUBMISSION STANDARDS**

Prior to starting, film the barbell to be used so everything can be seen clearly. After finishing 20.4, take the plates off the bar so we can count your weights. All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so the squats 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 **27<sup>th</sup> of January 2020, 17:59 CET**. No latecomers will be accepted, no matter the reason.

In case of questions, contact [support@germanthrowdown.de](mailto:support@germanthrowdown.de)