# 21.1

## WORKOUT DESCRIPTION 21.1

This workout is for time (TC 20min):

5 Rounds of:

50 Air Squats

500m Row

Directly into:

30 Squats Snatches

## NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of "3, 2, 1 ... go," the athlete may start the Air Squats. The athlete will then complete the 5 Rounds of Squats and rowing before heading into the 30 Squat Snatches.

## SCORE

The score will be the time or total number of reps completed in the 20-min time cap. The scoring for this workout includes a tiebreak. At the end of the 5 Rounds, time should be marked. There will be a dedicated field in which you will enter the elapsed time at which you completed the 5 Rounds. In the case where 2 athletes have the same score (time or total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

## TEAM SCORE

The team score will be the sum of the two females and two male results of this workout. The tiebreak will be the sum of the four tiebreak times of these athletes.

## EQUIPMENT

Mandatory:

- Barbell with weights
- Collars
- 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

## WEIGHTS

Elite

- 43/60kg Squat Snatches

Intermediate

- 30/43kg Squat Snatches

Master 35-39

- 43/60kg Squat Snatches

Master 40-44

- 43/60kg Squat Snatches

Master 45+

- 30/43kg Squat Snatches

Teen

- 30/43kg Squat Snatches

<u>Scaled</u>

- 15/20kg Squat Snatches

<u>Master 35-44 Scaled</u>

- 15/20kg Squat Snatches

<u>Master 45+ Scaled</u>

- 15/20kg Squat Snatches

## MOVEMENT STANDARDS

<u>Calorie Row:</u>
The monitor must be clearly visible and set to zero at the beginning of each row. The athlete or the judge may reset the monitor.
- No Rep: Calorie Count is not visible
- Start: Athlete strapped onto the rower, hands off the handle and monitor visibly set to zero.
- Finish: Athlete strapped, hands on the handle when monitor reads respective distance.

<u>Air Squat:</u>
- Start: Athlete standing fully upright with hips and knees fully extended
- Requirement:
    - Full squat depth (hip crease below kneecap)
- Finish: Athlete standing fully upright with hips and knees fully extended

<u>Squat Snatch:</u>
- Start: Bar on the floor
- Requirement:
    - Full Squat depth (hip crease below kneecap) with Bar overhead
- Finish: Athlete standing fully upright with knees, hips and arms fully extended with bar overhead

## VIDEO SUBMISSION STANDARDS

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.

**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 30th of August 2021, 17:59 CET. No latecomers will be accepted, no matter the reason.


In case of questions, contact support@germanthrowdown.de