

# 21.3



## WORKOUT DESCRIPTION 21.3

This workout is a two-parted workout:

### 21.3 Part A:

AMRAP 10

3 Double DB Thruster

60 Double-Under

6 Double DB Thruster

60 Double-Under

9 Double-DB Thruster

60 Double-Under

(Add 3 Double-DB Thruster per round)

**- Rest 2 min before heading into Part B -**

### 21.3 Part B:

AMRAP 3

Shoulder-to-Overhead

## 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 Double-DB Thruster. The athlete will then continue with 60 Double-Under before completing 6 Thruster and 60 Double-

Under. The athlete will continue in this rep-scheme and add 3 Thruster each round. After completing as many reps as possible in Part A, the athlete will rest 2 min before heading into Part B. This is a 3 min AMRAP of Shoulder-to-Overhead reps.

## **SCORE**

The score for Part A will be the total number of reps completed in the 10-min time cap. The score for Part B will be the total number of reps completed at the dedicated weight in the 3-min time cap.

## **TEAM SCORE**

The team score for Part A will be the sum of the two females and two male results of this workout.

The team score for Part B will be the sum of the two females and two male results of this workout.

## **EQUIPMENT**

### Mandatory:

- 2 Dumbbells at the dedicated weight
- Jump rope
- Barbell with weights
- 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

## **WEIGHTS**

### Elite

- Dumbbell: 2x 15kg / 2x 22,5kg
- Barbell: 60/85kg Shoulder-to-Overhead

#### Intermediate

- Dumbbell: 2x 10kg / 2x 15kg
- Barbell: 43/60kg Shoulder-to-Overhead

#### Master 35-39

- Dumbbell: 2x 15kg / 2x 22,5kg
- Barbell: 60/85kg Shoulder-to-Overhead

#### Master 40-44

- Dumbbell: 2x 15kg / 2x 22,5kg
- Barbell: 60/85kg Shoulder-to-Overhead

#### Master 45+

- Dumbbell: 2x 10kg / 2x 15kg
- Barbell: 43/60kg Shoulder-to-Overhead

#### Teen

- Dumbbell: 2x 10kg / 2x 15kg
- Barbell: 43/60kg Shoulder-to-Overhead

#### Scaled

- Thrusters with Barbell: 15kg / 20kg
- Single-Under
- 15/20kg Shoulder-to-Overhead

#### Master 35-44 Scaled

- Thrusters with Barbell: 15kg / 20kg
- Single-Under
- 15/20kg Shoulder-to-Overhead

#### Master 45+ Scaled

- Thrusters with Barbell: 15kg / 20kg
- Single-Under
- 15/20kg Shoulder-to-Overhead

## **MOVEMENT STANDARDS**

#### Double-Dumbbell Thruster:

- Start: Athlete standing fully upright with hips and knees fully extended
- Dumbbells rest on the shoulders (one end of each DB must always touch the shoulder while descending and ascending before shooting the DB in the air to full extension)
- Hips descend and below the hip-crease, before hips and legs extend rapidly

- Complete at full knee, hip, and arm extension with DB's overhead

### Double-Unders:

This is the standard Double-Under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

### No Rep:

- Athlete did a single under
- Athlete failed an attempt of a double-under

### Shoulder to Overhead

- The barbell must be taken up from the floor, no rack allowed
- Start: Barbell in front rack position (elbows in front, hips, and knees fully extended)
- Finish: Overhead position with barbell in line with elbows, shoulders, hips, and knees fully extended
- Requirement:
  - o Any style is permitted.
  - o Touch'n'go is allowed.
  - o Really make sure to fully open your hips before releasing the lock-out of your arms.

## **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 6<sup>th</sup> of September 2021, 17:59 CET. No latecomers will be accepted, no matter the reason.

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