



# IQ2

## WORKOUT DESCRIPTION IQ2

Set a timer to 15 minutes and complete as fast as possible:

Front Squat DT

5 rounds

12 Deadlifts

9 Front Squats

6 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 deadlifting. The athlete will then complete 5 rounds of Front Squat DT. The time cap is 15 minutes.

## SCORE

The score will be the time to finish this workout or the total number of reps completed before the 15 min time cap.

## **EQUIPMENT**

### Mandatory:

- Barbell
- Plates
- 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

## **SCALING**

### Elite (Male/Female)

- Barbell (70kg/47,5kg)

### Intermediate (Male/Female)

- Barbell (60kg/40kg)

### Master 35-39

- Barbell (70kg/47,5kg)

### Master 40-44

- Barbell (70kg/47,5kg)

### Master 45+

- Barbell (60kg/40kg)

## Teen

- Barbell (60kg/40kg)

## Scaled

- Barbell (40kg/30kg)

## Master 35-44 Scaled

- Barbell (40kg/30kg)

## Master 45+ Scaled

- Barbell (40kg/30kg)

# **MOVEMENT STANDARDS**

## Deadlift

- Start: Barbell on the floor (both plates touching at the same time)
- Finish: Hang position with head and shoulders behind bar, hips and knees fully extended
- Requirements:
  - o Arms outside legs
  - o No bouncing during touch'n'go
  - o Between the last DL and the clean to get it into the front rack for the first FS there has to be a short point of rest to distinguish the two movements

## Front Squat

- Start: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Finish: Barbell in front rack position (elbows in front), hips and knees fully extended)
- Requirement:
  - o Full squat depth (hip crease below kneecap)
  - o No Squat Clean allowed to do the first Front Squat. Start is from a standing front rack position

## Shoulder to Overhead

- 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**

Prior to starting, film the barbell to be used so the loads 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.

### **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 9<sup>th</sup> of September 2019, 17:59 CET. No latecomers will be accepted, no matter the reason.

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