

# Q 18.3



## WORKOUT DESCRIPTION

For time of (No Time Cap):

21 Burpee Boxjump-Overs

21 Deadlifts

15 Burpee Boxjump-Overs

15 Deadlifts

9 Burpee Boxjump-Overs

9 Deadlifts

## 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 perform 21 burpee boxjump-overs and then 21 deadlifts. The athlete will then complete 15 burpee boxjump-overs and 15 deadlifts, then 9 burpee boxjump-overs and 9 deadlifts.

The workout is done after all repetitions are completed.

## SCORE

Your score will be the time it takes to complete all repetitions.

Time will be recorded in full seconds. Do not round up. If you finish in 7:49.8, your score is 7:49.

## Team Score

The team score will be the sum of the two female and two male results of this workout.

## EQUIPMENT

Mandatory:

- Barbell with weights
- Collars
- Plyo Box

### Allowed:

- Gloves or leather straps 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)

### Master 35-44 (Male/Female)

### Team (Male/Female)

- Burpee Boxjump-Overs (24/20")
- Deadlift (100kg/70kg) (222lbs/154lbs)

### Intermediate (Male/Female)

### Master+ 45+ (Male/Female)

### Teens (Male/Female)

- Burpee Boxjump-Overs (24/20")
- Deadlift (80kg/50kg) (176lbs/110lbs)

### Scaled (Male/Female)

### Scaled Master 35-44 (Male/Female)

### Scaled Master+ 45+ (Male/Female)

- Burpee Boxjump-Overs (24/20") (Step-Up is allowed)
- Deadlift (60kg/40kg) (132lbs/88lbs)

## **MOVEMENT STANDARDS**

### Burpee Boxjump-Overs (new open standard):

The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of

the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

**NOTE: Unless the athlete is performing the workout scaled, he or she may NOT step backward or forward one foot at a time when lowering and raising to and from the ground.** On the way down, the athlete must jump both feet back simultaneously. On the way up, the athlete must jump both feet forward simultaneously. Stepping back and/or stepping up is permitted for athletes in the scaled divisions only. Scaled athletes may also choose to step over the barbell instead of jumping.

### Deadlift:

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing.

No Rep:

- Athlete bounced the bar off the floor
- Athlete did not reach full extension

## **VIDEO SUBMISSION STANDARDS**

Prior to starting, film the plates and 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.

## **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 02nd of September 2018, 23:59 CET. No latecomers will be accepted, no matter the reason.

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