



# TQ 19.3

## **DISCLAIMER**

Teams have to decide which athlete does which workout. Each athlete will do one workout per week. One M/F pair will do TQ3 while the other pair will do TQ4. They have to decide who does which version of TQ3. When the male does TQ3a the female does TQ3b and vice versa.

## **WORKOUT DESCRIPTION TQ3a (M or F)**

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

Front Squat DT

5 rounds

12 Deadlift

9 Front Squats

6 Shoulder to Overhead

## **WORKOUT DESCRIPTION TQ3b (M or F)**

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

Standard DT

5 rounds

12 Deadlift

9 Hang Power Cleans

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 Frontsquat DT or Standard 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 timecap.

### **Team Score**

The score of TQ3a and of TQ3b will serve as separate scores.

## **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 Team (Male/Female)

- Barbell (70kg/47,5kg)

### Intermediate Team (Male/Female)

- Barbell (50kg/35kg)

## **MOVEMENT STANDARDS**

### Deadlift

- Start: Barbell on the floor (both plates touching at the same time)
- Requirements:
  - o Arms outside legs
  - o No bouncing during touch'n'go
- Finish: Hang position with head and shoulders behind bar, hips and knees fully extended

### 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 knee cap)

### Hang Power Clean

- Start: Barbell in hang position with shoulders behind bar, hips and knees fully extended
- Finish: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Requirement:
  - o Barbell must start in the hang position. A clean from the floor is not allowed.

## 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 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)
- Teams must submit all individual scores and the respective video links to each score
- 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 5<sup>th</sup> of August 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)