

IQ22.1



EMOM TO HELL

Presented by



WORKOUT DESCRIPTION IQ22.1

This Workout is to be performed in an EMOM (Every minute on the minute) Style. Each minute starts with a buy-in of 15 Double-Unders.

For Time (14 min TC):

- Start each min with 15 Double-Unders, then:
- Even minutes: max. Double DB Devil Press
- Odd minutes: max. Double DB Box Step-Overs
- The workout is finished when 50 reps of each movement are completed

FLOW

Min 0: (0:00 – 0:59): 15 DU + max reps Dbl DB Devil Press in the remaining time

Min 1: (1:00 – 1:59): 15 DU + max reps Dbl DB Box Step-Overs in the remaining time

Min 2: (2:00 – 2:59): 15 DU + max reps Dbl DB Devil Press in the remaining time

Min 3: (3:00 – 3:59): 15 DU + max reps Dbl DB Box Step-Overs in the remaining time

It is mandatory to do the same movement during the rest of the minute, up until the point when the athlete reaches 50 repetitions.

Example: The Athlete finishes 15 DU in Min 9 + rep 48-50 of the Devil Press, the athlete is then allowed to switch to the Box Step-Overs in the same minute. For the remainder of the workout, the athlete is then performing Box Step-Overs in EACH minute until the 50 reps are completed.

SCORE

The score will be the time to finish the workout or total number of reps completed in the 14-min time cap. When workout is not finished within 14 mins, the score you enter does NOT include Double-Under.

EQUIPMENT

Mandatory:

- 2 Dumbbells of the dedicated weight
- Plyo Box with a height of 20" (male & female)

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 / Master 35 / Master 40

- 2x 22,5/15 kg Dumbbells

Intermediate / Master 45 / Teens

- 2x 15/10 kg Dumbbells

MOVEMENT STANDARDS

Double Dumbbell Devil Press:

- The Dbl DB Devil Press is an inclined Burpee on the Dumbbells into a Dbl DB Snatch
- Dumbbells lay on the ground, the athlete is standing in front of the Dumbbells
- To start the first rep, the athlete may grab each Dumbbell and come down in between the Dumbbells in a Burpee style
- Chest, hips, thighs, and feet must touch the ground at the same time, before the athlete may jump or step up back to the Dumbbells again
- The Dumbbells then must be brought overhead in one fluent movement. A Clean and Jerk is not allowed.
- The rep is finished at the full overhead lockout of the Dumbbells, shoulders, hips, and knees
- Bringing the DB down again via the shoulders is allowed

Double Dumbbell Box Step-Overs

- Start: Athlete standing in front of the Box, holding each Dumbbell in a Farmers Carry grip next to the hip (not on the shoulders or Front Rack)
- The athlete may then step over the box in any style
- Requirement: Both feet must touch the top of the box at the same time once while stepping over the box
- Finish: Athlete standing fully upright on the other side of the box

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. We suggest using WodProof to film the video.

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 22nd of August 2022, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de