

IQ22.2



PIMP MY OPEN 19.1

Presented by



WORKOUT DESCRIPTION IQ22.2

This workout is a 15-minute AMRAP (as many rounds and reps as possible) of:

19 Wallballs

19 Toes-to-Bar

19 Calories Row

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 19 Wallballs. The athlete will then complete the 19 Toes-to-Bar, followed by the 19 Calories Row. The athlete will complete as many rounds and reps as possible of this triplet in 15 minutes.

SCORE

The score will be the total number of rounds and reps completed in the 15-min time cap.

EQUIPMENT

Mandatory:

- Concept 2 rower with PM3, PM4 or PM5
- Pull-Up Bar
- Wall Ball

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
- Either grips or taping the pull-up bar, no simultaneous use

WEIGHTS

All Divisions

- 6/9 kg Wall Ball

MOVEMENT STANDARDS

Wall Ball Shot

- Start Position: Medicine ball in front rack position with hips extended
- Bottom Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Equator of medicine ball hitting target height or above at some point
- Note: Anytime the ball is taken from the floor the ball needs to come to a full stop, no bouncing off the floor
- Men throw to a 10 feet target, Women throw to a 9 feet target
- Forbidden: The first Wall Ball must not be done as a squat clean

Toes to Bar

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels behind bar
- Finish Position: Both feet (any part of foot) making physical contact with the bar inside hands at the same time at some point

Row

- Start Position: Athlete strapped onto rower, hands off the handle
- Finish Position: Athlete strapped, hands on the handle when monitor reads respective distance/power output

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