

IQ22.3



MAX WORK MAX

Presented by



BEYOND RED®

WORKOUT DESCRIPTION IQ22.3 A & B

This workout is a two-parted workout. The workout must be performed as one with a 14 min Time Cap.

TQ22.3 A1 (2 min TC):

- establish 1 Rep-Max Overhead Squat

At the 2-minute mark:

TQ22.3 B (8 min TC):

- 21 Thruster
- 12 Bar Muscle-Ups
- 15 Thruster
- 9 Bar Muscle-Ups
- 9 Thruster
- 6 Bar Muscle-Ups

At the 10-minute mark:

TQ22.3 A2 (4 min TC):

- Establish 1 Rep-Max Squat Snatch

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 establishing the 1 Rep-Max Overhead Squat. The Bar may be taken from the Rack. At the 2-minute mark, the athlete will start part B of the workout, which is a chipper consisting of 21,15 and 9 Thrusters and 12,9 and 6 Bar Muscle-Ups. The movements need to be completed in an alternating style. If the athlete finishes the chipper before the 8 min TC, he must wait until the 10-minute mark before continuing the workout. At the 10-minute mark, the athlete may start establishing the 1 Rep Max Squat Snatch.

SCALING

Intermediate:

- Instead of 12-9-6 Bar Muscle-Ups, the Intermediates will perform 9-6-3 Bar Muscle-Ups

Master 45, Teens:

- Instead of Bar Muscle-Ups, the Master 45 and Teens will do Chest-to-Bar Pull-Ups in the same rep scheme (12-9-6)

SCORE

This is a double-scored Workout. Score 1 is the sum of A1+A2 and Score 2 is the Time for part B.

For part B: When workout is not finished within 8 mins, your score will be the number of completed reps within the time cap.

EQUIPMENT

Mandatory:

- Barbell (2 barbells are allowed)
- Weights
- Collars
- Pull-Up Bar

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

- 35/50 kg Thruster

Intermediate, Master 45+, Teens

- 30/40 kg Thruster

MOVEMENT STANDARDS

Overhead Squat

- Start Position: Athlete standing upright with barbell overhead
- Bottom Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Athlete standing upright with barbell overhead and hips, knees and arms fully extended

Chest to Bar Pull-Up

- Start: Athlete hanging from pull up bar, elbows fully extended, heels below or behind bar
- Finish: Chest (collar bone or below) making physical contact with the bar

Bar Muscle-Up

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels below or behind bar
- Requirement: Some portion of a dip above pull up bar
- Finish Position: Athlete in support with elbows fully extended, shoulders above bar
- Note: On the swing heels cannot rise higher than the bar

Thruster:

- Start: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Requirement: Full squat depth (hip crease below kneecap)

- Finish Position: Barbell overhead in line with body with elbows, shoulders, hips and knees fully extended
- Note: First rep off the floor can be a squat clean into a thruster

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 29th of August 2022, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de