

IQ23.3



LIGHT WEIGHT BABY!

Presented by



WORKOUT DESCRIPTION IQ23.3

This workout is for reps. TC 8 min

AMRAP 8 min:

18 – 9

Chest to Bar Pull-Ups

Box Jump Over

18 – 9

Toes to Bar

Box Jump Over

18 – 9

Strict Handstand Push-Up

Box Jump Over

In the remaining time:

12 Ring Muscle-Up

Max distance Handstand Walk

NOTES

Before you start the workout, you must measure a 7,5m Lane with 2,5m sections. Make sure to show the exact distance with a tape measure. This workout begins with the athlete standing in front of the pull-up bar, not touching anything. At the call of “3, 2, 1 ... go”, the athlete may start with 18 C2B and 18 Box Jump Over, followed by 9 C2B and 9 BJO. The athlete will then proceed to do T2B and BJO in the same rep scheme, followed by strict handstand push-up and BJO in the same rep scheme. After the last box jump over, there will be a tier-break. The athlete will then perform 12 ring muscle-up and goes directly into a max distance handstand walk. Make sure, the athlete starts with both hands behind the starting/section line. If the athlete kicks down, the athlete must go back to the start of the section the athlete came down in.

SCALING

Intermediate, Master 40, 45, Teens:

- Pull-Ups instead of C2B
- Kipping HSPU instead of strict HSPU
- 10 Bar Muscle-Ups instead of 12 Ring Muscle-Ups
- Max effort wall walks instead of Max effort Handstand Walk

SCORE

This workout is for reps. The score is the number of reps performed in the 8 minutes. Each section on the handstand walk is 1 rep. There is a tie-break after the last Box Jump Over.

e.g.:

Athlete A (Elite) has finished all reps within the time cap and has performed 8 sections of the handstand walk.

$$162 + 12 + 8 = 182 \text{ reps}$$

Athlete B (Intermediate) has finished all reps within the time cap and has performed 4 wall walks.

$$162 + 10 + 4 = 176 \text{ reps}$$

EQUIPMENT

Mandatory:

- Pull-up Bar
- 7,5m lane with start and finish line and 2,5m sections
- Handstand Push-Up Wall
- Gymnastic Rings

- Standard Plyo Box with a height of 20” and 24”

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

MOVEMENT STANDARDS

Chest-to-Bar Pull-Up:

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chest must clearly come into contact with the bar below the collarbone.

Chin-over-bar pull-up:

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chin must be clearly above the bar.

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

Strict Handstand Push-Up

- 2023 CrossFit Season Standard:
 - The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall. This tape line must not be wider than 30 inches (76 centimeters). Any portion of the athlete`s hands may be touching the line (fingers ok).

- Graphic:
 - <https://games.crossfit.com/workouts/onlinequalifiers/2023?division=1>
- Start Position: Athlete kicking up to the wall into a handstand hold with arms, chest and hips fully extended
- The athlete lowers the body to the ground with the head clearly hitting the floor
- The athlete will the press back up without using any kip or help of the lower extremity
- Finish Position: Handstand hold with arms, chest and hips fully extended

Kipping Handstand Push-Up

- 2023 CrossFit Season Standard:
 - The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall. This tape line must not be wider than 30 inches (76 centimeters). Any portion of the athlete`s hands may be touching the line (fingers ok).
- Start Position: Athlete kicking up to the wall into a handstand hold with arms, chest and hips fully extended
- The athlete lowers the body to the ground with the head clearly hitting the floor
- The athlete will the press back up. Usage of a kip or any help of the lower extremity is allowed
- Finish Position: Handstand hold with arms, chest and hips fully extended

Box Jump Over

- Start Position: Both feet on the ground
- Requirement:
 - Two foot take off
 - Both feet touch the box simultaneously on the jump over
- Finish position: Both feet on the ground on the other side of the box the athlete started of
- No jumping over the edges, athletes have to jump over the straight sides of the box
- Note: The Box may not be touched with the hands!

Ring Muscle-Up

- Start Position: Athlete hanging from gymnastic rings, elbows fully extended, heels below or behind bar
- Finish Position: Athlete in support with elbows fully extended, shoulders above rings
- Note: On the swing heels cannot rise higher than the rings

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

Handstand Walk

- Start Position: Athlete standing in front of the starting/section line
- Requirement:
 - o hands must start behind the starting/section line
 - o feet may not touch ground
 - o If the athlete kicks down, go back to the the section line of the section the athlete kicked down in
- Finish Position: Athlete in handstand position walking forward

Wall Walk

- 2023 CrossFit Season Standard:
 - o Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 55 inches (139 cm). For men, the distance is 60 inches (152 cm). This first line will be the start and finish line for each repetition.
 - o Tape a second line that leaves 10 inches (25 cm) of space between the tape's far edge and the wall.
 - o The tape line placed 10 inches (25 cm) from the wall must be 30 inches (76 cm) in length and NO WIDER than 2 inches (5 cm).
 - o Graphic:
 - <https://games.crossfit.com/workouts/open/2023/3#movementStandards>
- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).
- Both hands must remain on the tape until both feet are on the wall
- At the top of the movement, both hands must touch the tape line at the 10-inch (25 cm) mark before the athlete may descend
- Any part of the hand may touch the tape line
- On the descend, the feet must remain on the wall until both hands are touching the first line
- The rep is credited, when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground
- Any part of the hand may make contact with the tape line

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.

WodProof

We ask you to use the WodProof App.

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 21st of August 2023, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de