

IQ24.1 A&B

Presented by



WORKOUT DESCRIPTION IQ24.1 A&B

This workout is a two-parted workout. The workout must be performed as one within a 15 min time cap.

IQ24.1A For Time, TC 10 min

- 40 Cal Row
- 21 High Box Jump Over
- 21 Overhead Squats 50/35kg
- 30 Cal Row
- 15 High Box Jump Over
- 15 Overhead Squats 70/50kg
- 20 Cal Row
- 9 High Box Jump Over
- 9 Overhead Squats 90/65kg

IQ24.1B For Weight, TC 5 min

- 1 Squat Snatch
- 1 Power Snatch
- 1 Overhead Squat
- 1 Power Snatch
- 1 Squat Snatch

NOTES

This workout begins with the athlete sitting on the rower, not touching the handle. At the call of “3, 2, 1 ... go”, the athlete may start rowing. As soon as the rower shows 40 Calories, the athlete may proceed with 21 high Box Jump Over, before moving on to the 21 Overhead Squats. The athlete will then perform 2 more rounds of rowing, high Box Jump Over and Overhead Squats with descending reps and ascending weight. After finishing the 9 Overhead Squats, the athlete will wait until the 10 minute mark before proceeding to establishing a complex for maximum weight of Squat Snatch, Power Snatch, Overhead Squat, Power Snatch & Squat Snatch, this is an unbroken complex. The athlete may do as many tries as possible in the given timeframe.

WEIGHTS

Elite, Master 35:

- Male: 50/70/90 kg
- Female: 35/50/65 kg

Intermediate, Master 40, 45, Teens:

- Male: 40/60/80 kg
- Female: 30/40/55 kg

SCORE

This is a double-scored Workout. Score IQ24.1A is the time the athlete needs to perform Part A, Score IQ24.B is the weight for the heaviest complex performed in the remaining time.

EQUIPMENT

Mandatory:

- Barbell (only one barbell allowed, others may assist changing the weights)
- Weights
- Collars
- Concept 2 rower with PM3, PM4 or PM5

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

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

High 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!
- Box height: male 75cm, female 60cm

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
- No use of a rack for part A and B
- For Part A you are allowed to Squat Snatch the weight, this counts as a rep

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 suggest using the WodProof App and connect the App and Rower via Bluetooth so the Calorie Counter is perfectly visible at all times

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 8th of July 2024, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact competition@germanthrowdown.de