

IQ24.2

Presented by

VELITES



WORKOUT DESCRIPTION IQ24.2

This workout is for time. Time cap: 15 min

For Time:

60 Wall Balls

20 Strict Handstand Push-Ups

30 Chest-to-Bar Pull-Ups

50 Wall Balls

30 Kipping Handstand Push-Ups

20 Bar Muscle-Up

40 Wall Balls

NOTES

This workout begins with the athlete standing in front of the wall ball target, not touching the wall ball. At the call of “3, 2, 1 ... go”, the athlete may start with the wall balls. As soon as the athlete has accomplished 60 wall balls, the athlete may proceed with 20 strict handstand push-ups, before moving on to the chest-to-bar pull-ups. Make sure, the athlete fulfills all handstand push-up standards. After the athlete has finished the 30 chest-to-bar pull-ups, the athlete will perform 50 wall balls and then 30 kipping handstand push-ups. The athlete will then proceed with 20 bar muscle-ups and finish with 40 wall balls.

WEIGHTS

Elite, Intermediate, Master 35, 40, 45, Teens:

- Wall ball: 9kg male / 6kg female

SCALING

Intermediate, Master 40, 45, Teens:

60 Wall Balls

20 Kipping Handstand Push-Ups

30 Pull-Ups

50 Wall Balls

30 Kipping Handstand Push-Ups

20 Chest-to-Bar Pull-Ups

40 Wall Balls

SCORE

This workout is for time. The score is the time it takes to perform the chipper.

EQUIPMENT

Mandatory:

- Wall ball
- Measured tape for handstand push-ups
- Pull-up bar

Allowed:

- Tape
- Gloves or grips to protect the hand
- Knee sleeves
- Wrist bands
- 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. The feet must not touch the floor in the hang position.
- At the top, the chest must clearly come into contact with the bar below the collarbone.
- The use of grips OR tape on the pull-up bar is permitted. Both at the same time are forbidden

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. The feet must not touch the floor in the hang position
- At the top, the chin must be clearly above the bar.
- The use of grips OR tape on the pull-up bar is permitted. Both at the same time are forbidden

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 then press back up without using any kip or help of the lower extremity.
- Finish Position: Handstand hold with arms, chest, and hips fully extended (hips must not touch the wall); both feet must be clearly in contact with the wall in the fully extended handstand hold. The athlete must show control in the finish position

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 then press back up. Usage of a kip or any help of the lower extremity is allowed. Knees and feet must not touch the arms or the floor at any time point during the kip.
- Finish Position: Handstand hold with arms, chest, and hips fully extended (hips must not touch the wall); both feet must be clearly in contact with the wall in the fully extended handstand hold. The athlete must show control in the finish position

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 clearly hitting the target height or above. The hips must be fully extended.
- A squat clean for the first rep is permitted
- Note: If you don't go unbroken on the reps and the wall ball comes to the floor at any time the ball needs to come to a full stop, no bouncing off the floor
- Men throw to a 10 feet (3,05 m) target, Women throw to a 9 feet (2,74 m) target

Bar Muscle-Up

- Requirement: Some portion of a dip when you catch the bar muscle up.
- Start Position: Athlete hanging from pull-up bar, elbows fully extended, heels below or behind bar. The feet must not touch the floor in the hang position.
- The athlete performs a muscle-up. Roll-ups or any kind of glide kips are not permitted. The heels may not rise higher than the bar during the swing
- Finish Position: Athlete in support with elbows fully extended above the bar
- The use of grips OR tape on the pull-up bar is permitted. Both at the same time are forbidden

VIDEO SUBMISSION STANDARDS

All video submissions must 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.

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 submit your score in time.

Scores must be submitted before the 15 of July 2024, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact competition@germanthrowdown.de