

# IQ24.3

Presented by



## WORKOUT DESCRIPTION IQ24.3

This workout is for reps. Time cap: 13 min

3 Rounds

12 Double Dumbbell Hang to Overhead 2x30/22,5kg

24 Double Under

3 Rounds

12 Double Dumbbell Hang to Overhead 2x22,5/15kg

24 Double Under

3 Rounds

12 Double Dumbbell Hang to Overhead 2x15/10kg

24 Double Under

Max Rep Devil Press in the remaining time 2x15/10kg

## NOTES

This workout begins with the athlete standing in front of the dumbbells, not touching anything. At the call of "3, 2, 1 ... go", the athlete may start with 12 double dumbbell hang to overhead, followed by 24 double under. The athlete will perform 3 rounds with the heavyweight. After the first part, the athlete will perform 3 rounds in the same rep scheme with the middleweight of the dumbbells, before completing 3 rounds of the same rep scheme with the lightweight of the dumbbells. After the athlete has finished all 9 rounds of double dumbbell hang to overhead and double under, max reps devil press have to be performed until the time cap (13 minutes).

## WEIGHTS

Elite, Master 35:

- 2x30/22,5kg, 2x22,5/15kg, 2x15/10kg

Intermediate, Master 40, 45, Teens:

### **6 rounds**

12 Double Dumbbell Hang to Overhead **2x22,5/15kg**

24 Double Under

3 rounds

12 Double Dumbbell Hang to Overhead 2x15/10kg

24 Double Under

Max Rep Devil Press in the remaining time 2x15/10kg

## SCORE

This workout is for reps. The score is the total number of reps performed in the whole workout. The 3x3 rounds part includes 324 reps and then you add the number of reps from the devil press.

Example:

Athlete A finished the workout with 24 devil presses then his/her score is:

$324 + 24 = 348$  reps

## EQUIPMENT

### Mandatory:

- Jump rope
- Two dumbbells

### 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**

### Double Dumbbell Hang To Overhead

- 2 dumbbells used
- Starting Position: Dumbbells lying on the ground; Athlete standing upright
- Dumbbells must be deadlifted up from the floor into a standing position; hips must be fully extended before performing the first hang to overhead
- Dumbbells must be brought from a hang position into an overhead
  - Hang: The athlete can move the dumbbells between the legs or next to the body, both are permitted
  - The athlete can perform a hang snatch or a hang clean and jerk to bring the dumbbells into an overhead position
- Finish Position: Dumbbells overhead with elbows fully extended next to the ears. Dumbbells must be in line with the shoulders, fully extended hips, and feet in the finish position. The athlete must demonstrate control over the dumbbells in the finish position before performing the next rep
- If the dumbbells are dropped within a set, a deadlift must be performed again before starting the next hang to overhead

### Double Under

- This is the standard double under in which the rope passes twice under the feet per jump. The rope must spin forward for the rep to count.

### Devil Press

- 2 dumbbells used
- Starting Position: Dumbbells lying on the ground; Athlete standing upright
- The athlete lowers the body to the ground, grabs the dumbbells, each with one hand, and performs a burpee with the chest clearly touching the floor between the two dumbbells; It is not allowed to put the chest on the dumbbells
- From here the athlete jumps or steps up, while never taking the hands off the dumbbells. Next, the athlete performs a dumbbell snatch, or clean and jerk to bring the dumbbells in an overhead position. During the initial swing of the snatch or clean and jerk the dumbbells can be next to the body or between the legs, both are permitted
- Finish Position: Dumbbells overhead with elbows fully extended next to the ears. Dumbbells must be in line with the shoulders, fully extended hips, and feet in the finish position. The athlete must demonstrate control over the dumbbells in the finish position before performing the next rep
- The next rep starts with the dumbbells on the floor again. Both heads of the dumbbell must lie on the floor.

## **VIDEO SUBMISSION STANDARDS**

All video submissions should be uncut and unedited 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 to submit your score in time.

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

In case of questions, contact [competition@germanthrowdown.de](mailto:competition@germanthrowdown.de)