

TQ22.1



EMOM TO HELL

Presented by



BEYOND RED®

WORKOUT DESCRIPTION TQ22.1

This Workout is to be performed in an EMOM (Every minute on the minute) Style. Each minute starts with a buy-in of 15 Double-Unders.

For Time (14 min TC):

- Start each min with 15 Double-Unders, then:
- Even minutes: max. Double KB Snatches
- Odd minutes: max. Double KB Box Step-Ups
- The workout is finished when 50 reps of each movement are completed

FLOW

Min 0: (0:00 – 0:59): 15 DU + max reps Dbl KB Snatches in the remaining time

Min 1: (1:00 – 1:59): 15 DU + max reps Dbl KB Box Step-Ups in the remaining time

Min 2: (2:00 – 2:59): 15 DU + max reps Dbl KB Snatches in the remaining time

Min 3: (3:00 – 3:59): 15 DU + max reps Dbl KB Box Step-Ups in the remaining time

It is mandatory to do the same movement during the rest of the minute, up until the point when the athlete reaches 50 repetitions.

Example: The Athlete finishes 15 DU in Min 9 + rep 48-50 of the Kettlebell Snatches, the athlete is then allowed to switch to the Box Step-Ups in the same minute. For the remainder of the workout, the athlete is then performing Box Step-Ups in EACH minute until the 50 reps are completed.

SCORE

The score will be the time to finish the workout or total number of reps completed in the 14-min time cap. When workout is not finished within 14 mins, the score you enter does NOT include Double-Under.

TEAM SCORE

The Team score will be the sum of the two females and two male results of this workout. When workout is not finished within 14 mins, you must add all unfinished reps (NO Double-Under) as extra seconds to your score.

E.g.: Athlete completed within 14 minutes 98 reps, the score would be 14:02 mins.

DUO SCORE

The Duo score will be the sum of the two results of this workout. When workout is not finished within 14 mins, you must add all unfinished reps (NO Double-Under) as extra seconds to your score.

E.g.: Athlete completed within 14 minutes 98 reps, the score would be 14:02 mins.

EQUIPMENT

Mandatory:

- 2 Kettlebells of the dedicated weight
- Plyo Box with a height of 20"

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 Teams

- 16/24 kg Kettlebells

Intermediate Teams

- 12/20 kg Kettlebells

Duos

- 16/24 kg Kettlebells

MOVEMENT STANDARDS

Double Kettlebell Snatch:

- Kettlebells start from the ground, then deadlift them to a hanging position
- Start: Kettlebells start in a hanging position
- Finish: Athlete standing fully upright with knees, hips and arms fully extended with kettlebells overhead
- Requirement: Kettlebells come overhead in one fluent movement. Clean& Jerks are not allowed.

Double Kettlebell Box Step-Ups

- Start: Athlete standing in front of the Box with the Kettlebells in a Front-Rack position
- Requirement:
 - Kettlebells must be kept in a Front-Rack position all the time
- Finish: Athlete standing fully upright on the Box with hips and knees fully extended, both feet on the box and the Kettlebells still in a Front-Rack position

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 25th of July 2022, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de