



# TQ23.1 A&B

**MOVE IT FAST, MOVE IT HEAVY**

Presented by

**VELITES®**

## WORKOUT DESCRIPTION TQ23.1 A & B

This workout is a two-parted workout. The workout must be performed as one with a 15 min Time Cap.

### IQ23.1 A:

- 30 Cal Row
- 60 Double-Under
- 15 Cleans
- 20 Cal Row
- 40 Double-Under
- 12 Cleans
- 10 Cal Row
- 20 Double-Under
- 9 Cleans

### IQ23.1 B:

- In the remaining time, perform a complex for max weight of:
- Squat Clean + Hang Squat Clean

## 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 30 Calories, the athlete may proceed with 60 Double-Under, before moving on to the Cleans. The Cleans can be performed anyhow. The athlete will then perform 2 more rounds of rowing, Double-Under and Cleans with descending reps and ascending weight. As soon as the athlete has finished the 9 Cleans, the athlete may proceed establishing a Squat Clean + Hang Squat Clean complex in the remaining time.

## WEIGHTS

Elite Team:

- Male: 70/80/90 kg
- Female: 50/60/70kg

Intermediate Team:

- Male: 60/70/80 kg
- Female: 40/50/60kg

## SCORE

This is a double-scored Workout. Score IQ23.A is the time the athlete needs to perform Part A, Score IQ23.B is the weight for the heaviest complex performed in the remaining time. The team score is the sum of all 4 individual scores.

## EQUIPMENT

Mandatory:

- Barbell (2+ barbells are allowed)
- Weights
- Collars
- Concept 2 rower with PM3, PM4 or PM5
- Rope

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

Clean

- Start: Barbell on the floor
- Finish: Barbell in front rack position (elbows in front, hips and knees fully extended)
- IQ23.1A: You may perform a Power or Squat Clean
- IQ23.B: You must perform a Squat Clean
- Requirement:
  - Barbell must start from the floor, bouncing is not allowed, Touch and Go is allowed

Hang Squat Clean

- Start: Barbell in hang position with shoulders behind bar, hips and knees fully extended
- Clean it into a Squat Position and stand it fully up
- Finish: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Requirement:
  - Barbell must start in the hang position. A clean from the floor is not allowed.
  - Hip crease has to break parallel

## **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. If you don't use the Bluetooth Connection, please still use WodProof so a timer is visible all the time.

### **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 11th of September 2023, 17:59 CET. No latecomers will be accepted, no matter the reason.

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