

TQ23.2



CLASSIC CHIPPER

Presented by



WORKOUT DESCRIPTION TQ23.2

This workout is for time. TC 12 min

For Time:

20 Burpee over Bar

7,5 m Front Rack Lunges

30 Back Squat

7,5 m Front Rack Lunges

40 Deadlifts

7,5 m Front Rack Lunges

30 Back Squat

7,5 m Front Rack Lunges

20 Burpee over Bar

NOTES

Before you start the workout, you must measure a 7,5m Lane. Make sure to show the exact distance with a tape measure. This workout begins with the athlete standing in front of the bar, not touching the bar. At the call of “3, 2, 1 ... go”, the athlete may start with the burpees. The burpees must be performed bar-facing. As soon as the athlete has accomplished 20 burpees over bar, the athlete may proceed with one 7,5m lane of Front Rack Lunges, before moving on to the Back Squats. Make sure, the athlete starts with the feet on the lunges behind the starting line. When the athlete drops the bar on the lunges, the athlete must start where the athlete left off. After the athlete has finished the 30 Back Squats, the athlete will lunge all the way back to perform 40 Deadlifts. The athlete will then proceed to lunge again, perform 30 Back Squats, lunge back and finish the workout with 20 burpees over bar.

WEIGHTS

Elite Team, Intermediate Team:

- Male: 50 kg
- Female: 35 kg

SCORE

This workout is for time. The score is the time it takes to perform the chipper. The Team Score is the sum of all 4 individual scores.

EQUIPMENT

Mandatory:

- Barbell
- Weights
- Collars
- 7,5m lane with start and finish line

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

Bar-facing Burpees:

- Start: Athlete standing fully upright with hips and knees fully extended
- Athlete lowers the body down, until chest and thighs touch the floor simultaneously
- Athlete lifts the body up again and jumps over the bar
- Requirements:
 - Burpee must be performed in a 90-degree angle to the bar
 - Two-foot takeoff when jumping over the bar
- No-Reps:
 - Performing the burpee NOT in a 90-degree angle to the bar
 - Taking off with one foot after the other

Front Rack Lunges:

While stepping forward with the bar in the front rack position, one knee must visibly touch the floor. When standing up, the barbell must stay in the front rack with the athlete's hips, knees and arms fully extended.

No Rep:

- No floor contact with knee on lunge
- Athlete did not hold the front rack position (both hands have to touch the bar)

Back Squat:

The hip crease must be below the top of the knee at the bottom. The barbell is positioned in the back rack. In the top position, the athlete's hips, knees and arms need to be fully extended. The athlete may not use a rack.

No Rep:

- Athlete's hip crease was not below the top of the knee at the bottom
- Athlete did not keep the back rack

Deadlift

- Start: Barbell on the floor (both plates touching at the same time)
- Finish: Hang position with head and shoulders behind bar, hips and knees fully extended
- Requirements:
 - Arms outside legs
 - No bouncing during touch'n'go

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 ask you to use 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 18th of September 2023, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de