

TQ23.3



LIGHT WEIGHT BABY!

Presented by



WORKOUT DESCRIPTION TQ23.3

This workout is for reps. TC 8 min

AMRAP 8 min:

18 – 9

Chest to Bar Pull-Ups

Box Jump Over

18 – 9

Toes to Bar

Box Jump Over

18 – 9

Strict Handstand Push-Up

Box Jump Over

In the remaining time:

15m Handstand Walk

Max reps Bar Muscle Up

NOTES

Before you start the workout, you must measure a 7,5m Lane with 2,5m sections. Make sure to show the exact distance with a tape measure. This workout begins with the athlete standing in front of the pull-up bar, not touching anything. At the call of “3, 2, 1 ... go”, the athlete may start with 18 C2B and 18 Box Jump Over, followed by 9 C2B and 9 BJO. The athlete will then proceed to do T2B and BJO in the same rep scheme, followed by strict handstand push-up and BJO in the same rep scheme. After the last box jump over, there will be a tier-break. The athlete will then perform 15m Handstand Walk and goes directly into a max rep of Bar Muscle-Ups. Make sure, the athlete starts with both hands behind the starting/section line. If the athlete kicks down, the athlete must go back to the start of the section the athlete came down in.

SCALING

The Intermediate Team Division will perform:

- Pull-Ups instead of C2B
- Kipping HSPU instead of strict HSPU

SCORE

This workout is for reps. The score is the number of total reps performed in the 8 minutes. Each section on the handstand walk is 1 rep. There is a tie-break after the last Box Jump Over. If you didn't finish the workout in time, your tie-break is 8 min.

e.g.:

Athlete A has finished all reps within the time cap and has performed 8 Bar Muscle-Ups

$$162 + 6 + 8 = 176 \text{ reps}$$

EQUIPMENT

Mandatory:

- Pull-up Bar
- 7,5m lane with start and finish line and 2,5m sections
- Handstand Push-Up Wall
- Gymnastic Rings
- Standard Plyo Box with a height of 20" and 24"

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

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.

At the top, the chest must clearly come into contact with the bar below the collarbone.

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.

At the top, the chin must be clearly above the bar.

Toes to Bar

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels behind bar
- Finish Position: Both feet (any part of foot) making physical contact with the bar inside hands at the same time at some point

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 the press back up without using any kip or help of the lower extremity
- Finish Position: Handstand hold with arms, chest and hips fully extended

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 the press back up. Usage of a kip or any help of the lower extremity is allowed
- Finish Position: Handstand hold with arms, chest and hips fully extended

Box Jump Over

- Start Position: Both feet on the ground
- Requirement:
 - Two foot take off
 - Both feet touch the box simultaneously on the jump over
- Finish position: Both feet on the ground on the other side of the box the athlete started of
- No jumping over the edges, athletes have to jump over the straight sides of the box
- Note: The Box may not be touched with the hands!

Bar Muscle-Up

- Start Position: Athlete hanging from pull up bar, elbows fully extended, heels below or behind bar
- Requirement: Some portion of a dip above pull up bar
- Finish Position: Athlete in support with elbows fully extended, shoulders above bar
- Note: On the swing heels cannot rise higher than the bar

Handstand Walk

- Start Position: Athlete standing in front of the starting/section line
- Requirement:
 - hands must start behind the starting/section line
 - feet may not touch ground

- If the athlete kicks down, go back to the the section line of the section the athlete kicked down in
- Finish Position: Athlete in handstand position walking forward

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