

# TQ24.1 A&B

Presented by



## WORKOUT DESCRIPTION TQ24.1 A & B

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

### 24.1A For Time, Time cap 10 min

- 40 Cal Row
- 21 High Box Jump Over
- 21 Front Squats 60/40kg
- 30 Cal Row
- 15 High Box Jump Over
- 15 Front Squats 80/55kg
- 20 Cal Row
- 9 High Box Jump Over
- 9 Front Squats 100/70kg

### 24.1B For Weight, Time cap 5 min

- 1 Squat Clean
- 1 Power Clean
- 1 Front Squat
- 1 Power Clean
- 1 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 40 calories, the athlete may proceed with 21 high box jump over, before moving on to the 21 front squats. The athlete will then perform 2 more rounds of rowing, high box jump over and front squats with descending reps and ascending weight. After finishing the 9 front squats, the athlete will wait until the 10 minute mark before proceeding to establishing a complex for max weight of squat clean, power clean, front squat, power clean & squat clean. The complex has to be unbroken. The athlete may do as many tries as possible in the given timeframe. If the athlete begins the complex before the time expires and then finalizes it after the time cap, the complex is considered successfully executed. At no time may the bar be lifted from the rack or any other object.

## WEIGHTS

Elite Team:

- Male: 60/80/100 kg
- Female: 40/55/70 kg

Intermediate Team:

- Male: 40/60/80 kg
- Female: 30/40/55 kg

## SCORE

This is a double-scored Workout. Score TQ24.A is the time the athlete needs to perform Part A, Score TQ24.B is the weight for the heaviest complex performed in the remaining time.

## EQUIPMENT

Mandatory:

- Barbell (only one barbell allowed, others may assist changing the weights)
- Weights
- Collars
- Concept 2 rower with PM3, PM4 or PM5

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
- Display needs to be clearly visible at all times or using the Wodproof app to display the calories

#### High 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!
- Box height: male 75cm, female 60cm

#### Front Squat

- Start position:
  - Barbell is on the floor, athlete standing in front
  - Barbell is then picked up and brought into front rack position
  - Squat clean for the first repetition is permitted
- Bottom requirement: Full squat depth (hip crease below kneecap)
- Finish position: Athlete standing upright with barbell in the front rack and hips & knees fully extended
- At no time may the bar be lifted from the rack or any other object

## **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. During the workout, the display of the rower and the calories rowed must always be visible.

### **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

### **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 5th of August 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)