

TQ24.2

Presented by

VELITES



WORKOUT DESCRIPTION TQ24.2

This workout is for time. Time cap: 15 min

For Time:

40 Pull-Ups

50 Wall Balls

20 Strict Handstand Push-Ups

50 Wall Balls

20 Kipping Handstand Push-Ups

50 Wall Balls

10 Ring Muscle-Ups

NOTES

This workout begins with the athlete standing in front of the pull-up bar, not touching the bar. At the call of “3, 2, 1 ... go”, the athlete may start with the pull-ups. As soon as the athlete has accomplished 40 pull-ups, the athlete may proceed with 50 wall balls before moving on to the strict handstand push-ups. Make sure, the athlete fulfills all handstand push-up standards. After the athlete has finished the 20 strict handstand push-ups, the athlete will perform 50 wall balls and then 20 kipping handstand push-ups. The athlete will then proceed with 50 wall-balls and finish with 10 ring muscle-ups.

WEIGHTS

Elite Team, Intermediate Team:

- Wall ball: 9kg male / 6kg female

SCALING

Intermediate Team:

40 Pull-Ups

50 Wall Balls

20 Kipping Handstand Push-Ups

50 Wall Balls

20 Kipping Handstand Push-Ups

50 Wall Balls

10 Bar Muscle-Ups

SCORE

This workout is for time. The score is the time it takes to perform the chipper.

EQUIPMENT

Mandatory:

- Wall Ball
- Measured tape for handstand push-ups
- Pull-up bar

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

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.

Strict Handstand Push-Up

- 2023 CrossFit Season Standard:
 - o 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).
 - o 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:
 - o 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

Wall Ball Shot

- Start Position: Medicine ball in front rack position with hips extended
- Bottom Requirement: Full squat depth (hip crease below kneecap)

- Finish Position: Equator of medicine ball hitting target height or above at some point
- Note: Anytime the ball is taken from the floor the ball needs to come to a full stop, no bouncing off the floor
- Men throw to a 10 feet target (305 cm), Women throw to a 9 feet (274 cm) target
- Forbidden: The first wall ball must not be done as a squat clean

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

Ring Muscle-Up

- Start Position: Athlete hanging from the rings, elbows fully extended
- Finish Position: Athlete in support with elbows fully extended, shoulders above rings
- Note: On the swing heels cannot rise higher than the rings

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.

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 12th of August 2024, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact competition@germanthrowdown.de