

TQ24.3

Presented by



WORKOUT DESCRIPTION TQ24.3

This workout is for reps. TC 13 min

3 Rounds

12 Double Dumbbell Hang to Overhead 2x30/22,5kg

24 Double Unders

3 Rounds

12 Double Dumbbell Hang to Overhead 2x22,5/15kg

24 Double Unders

3 Rounds

12 Double Dumbbell Hang to Overhead 2x15/10kg

24 Double Unders

Max rep Devil Press in the remaining time 2x15/10kg

NOTES

This workout begins with the athlete standing in front of the dumbbells, not touching anything. At the call of "3, 2, 1 ... go", the athlete may start with 12 double dumbbell hang to overhead, followed by 24 double unders. The athlete will perform 3 rounds with the heavy weight. After the first part, the athlete will perform 3 rounds in the same rep scheme with the medium weight of the dumbbells, before completing 3 rounds of the same rep scheme with the lightest weight of the dumbbells. After the athlete has finished the rounds of double dumbbell hang to overhead and double unders, a maximum of repetitions of devil presses has to be performed until the time cap.

WEIGHTS

Elite Team, Intermediate Team:

- 30/22,5kg, 22,5/15kg, 15/10kg

SCALING

Intermediate Team:

6 rounds

12 Double Dumbbell Hang to Overhead **2x22,5/15kg**

24 Double Under

3 rounds

12 Double Dumbbell Hang to Overhead 2x15/10kg

24 Double Under

Max Rep Devil Press in the remaining time 2x15/10kg

SCORE

This workout is for reps. The score is the total number of reps performed in the whole workout. The 3x3 rounds part includes 324 reps and then you add the number of reps from the devil press.

Example:

Athlete A finished the workout with 24 devil press then his score is:

$$324 + 24 = 348 \text{ reps}$$

EQUIPMENT

Mandatory:

- Jump Rope
- Dumbbells

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

Double dumbbell hang to overhead

- 2 Dumbbells used
- Dumbbell deadlifted up from the floor into standing position
- Dumbbell brought in a overhead position in one fluent movement
 - You can move the dumbbells between your legs or next to your body, both is permitted.
 - You can perform a hang snatch or a hang clean and jerk.
- Elbows must be next to the ears and the dumbbells in line with shoulders, hips and feet in the finish position

Double under

- This is the standard double under in which the rope passes twice under the feet. The rope must spin forward for the rep to count.

Devil press

- Dumbbell laying on the ground
- Lower the body to the ground, grab the dumbbell and perform a burpee, your chest must clearly touch the floor it is not allowed to put the chest on the dumbbells
- As you jump up to your feet, hold a dumbbell in each hand and perform a dumbbell snatch, or clean and jerk. During this movement both hands can be either next to your body or between the legs, both is permitted
- Elbows have to be next to the ears and the dumbbell in line with shoulders, hips and feet in the finish position.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited 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