

IQ23.1 A&B



MOVE IT FAST, MOVE IT HEAVY

Presented by

VELITES

WORKOUT DESCRIPTION IQ23.1 A & B

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

IQ23.1 A:

- 30 Cal Row
- 60 Double-Under
- 15 Cleans
- 20 Cal Row
- 40 Double-Under
- 12 Cleans
- 10 Cal Row
- 20 Double-Under
- 9 Cleans

IQ23.1 B:

- In the remaining time, perform a complex for max weight of:
- Squat Clean + Hang 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 30 Calories, the athlete may proceed with 60 Double-Under, before moving on to the Cleans. The Cleans can be performed anyhow. The athlete will then perform 2 more rounds of rowing, Double-Under and Cleans with descending reps and ascending weight. As soon as the athlete has finished the 9 Cleans, the athlete may proceed establishing a Squat Clean + Hang Squat Clean complex in the remaining time.

WEIGHTS

Elite, Master 35:

- Male: 70/80/90 kg
- Female: 50/60/70kg

Intermediate, Master 40, 45, Teens:

- Male: 60/70/80 kg
- Female: 40/50/60kg

SCORE

This is a double-scored Workout. Score IQ23.A is the time the athlete needs to perform Part A, Score IQ23.B is the weight for the heaviest complex performed in the remaining time.

EQUIPMENT

Mandatory:

- Barbell (2 barbells are allowed)
- Weights
- Collars
- Concept 2 rower with PM3, PM4 or PM5
- Rope

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

WEIGHTS

Elite, Master 35,

- Male: 70/80/90 kg
- Female: 50/60/70kg

Intermediate, Master 40, Master 45+, Teens

- Male: 60/70/80 kg
- Female: 40/50/60kg

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

Clean

- Start: Barbell on the floor
- Finish: Barbell in front rack position (elbows in front, hips and knees fully extended)
- IQ23.1A: You may perform a Power or Squat Clean
- IQ23.B: You have to perform a Squat Clean
- Requirement:
 - Barbell must start from the floor, bouncing is not allowed, Touch and Go is allowed

Hang Squat Clean

- Start: Barbell in hang position with shoulders behind bar, hips and knees fully extended
- Clean it into a Squat Position and stand it fully up
- Finish: Barbell in front rack position (elbows in front, hips and knees fully extended)
- Requirement:

- Barbell must start in the hang position. A clean from the floor is not allowed.
- Hip crease has to break parallel

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 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 14th of August 2023, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de