



IQ 19.1

WORKOUT DESCRIPTION IQ1

Set a timer to 25 minutes and complete IQ1. IQ1 is a two-part workout. IQ1a and IQ1b are for time and each part scored as separate events.

IQ1a

1000m Row

Directly into

IQ1b

60 – 40 – 20

Alternate DB Snatches

30 – 20 – 10

Burpee Box Jump Overs (BBJO)

NOTES

This workout begins with the athlete sitting on the rower and not touching the handle. At the call of “3-2-1 ... go,” the athlete will start rowing. After the row the athlete has to move on directly to IQ1b. In round one the athlete will perform 60 DB Snatches and 30 BBJO, in round two 40 DB Snatches and 20 BBJO and in round three 20 DB Snatches and 10 BBJO.

SCORE

The score will be the time to finish this workout or the total number of reps completed before the 25 min time cap.

Score of IQ1b includes the row.

EQUIPMENT

Mandatory:

- Concept 2 rower with PM3, PM4 or PM5
- Plyo Box
- Dumbbell

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

SCALING

Elite (Male/Female)

- Dumbbell (22,5kg/15kg)
- Plyo Box (24"/20")

Intermediate (Male/Female)

- Dumbbell (22,5/15kg)

- Plyo Box (24"/20")

Master 35-39

- Dumbbell (22,5/15)
- Plyo Box (24"/20")

Master 40-44

- Dumbbell (22,5/15)
- Plyo Box (24"/20")

Master 45+

- Dumbbell (22,5/15)
- Plyo Box (24"/20")

Teen

- Dumbbell (22,5/15)
- Plyo Box (24"/20")

Scaled

- Dumbbell (15/10)
- Plyo Box (24"/20")
- Burpee & Box Jumps: Step-Ups are allowed

Master 35-44 Scaled

- Dumbbell (15/10)
- Plyo Box (24"/20")
- Burpee & Box Jumps: Step-Ups are allowed

Master 45+ Scaled

- Dumbbell (15/10)
- Plyo Box (24"/20")
- Burpee & Box Jumps: Step-Ups are allowed

MOVEMENT STANDARDS

Row

- Start: Athlete strapped onto the rower, hands off the handle and monitor visibly set to zero.
- Finish: Athlete strapped, hands on the handle when monitor reads respective distance.

Dumbbell Snatch

- The DB begins on the ground and must be lifted over head in 1 section
- Touch'n'go is permitted, the DB has to touch the floor at least with one side on each rep
- After each rep you must switch hand
- The DB must come to full lockout overhead with the knees hips and arm fully extended

Burpee Box Jump Over

- Start: Chest and thighs on the ground at the same time at some point
- Burpee Requirements:
 - o Jump down and jump up with two foot take off
 - o Burpee has to be done in a jump, no stepping up or down
 - o Box facing
- Box Jump Requirements:
 - o Two foot take off
 - o Step down is allowed
 - o Jump over the box is allowed
- Finish: Both feet touching the floor on opposite side of box

VIDEO SUBMISSION STANDARDS

Prior to starting, film the rower, dumbbell and Box to be used so the loads can be seen clearly. 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.

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 2nd of September 2019, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de