



IQ3

WORKOUT DESCRIPTION IQ3

Set a timer to 20 minutes, complete as many reps and rounds as possible of:

Strict Cindy

5 strict Pull-Ups

10 Push-Ups

15 Air Squats

NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of “3, 2, 1 ... go,” the athlete may start the pull-ups. The athlete will then complete as many reps as possible of strict Cindy in 20 minutes.

SCORE

The score will be the total number of reps completed in the 20-min time cap.

EQUIPMENT

Mandatory:

- 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

SCALING

Elite

- Strict Cindy (strict Pull-Ups)

Intermediate

- Regular Cindy (Kipping/Butterfly Pull-Ups)

Master 35-39

- Strict Cindy (strict Pull-Ups)

Master 40-44

- Strict Cindy (strict Pull-Ups)

Master 45+

- Male: Strict Cindy (strict Pull-Ups)
- Female: Regular Cindy (Kipping/Butterfly Pull-Ups)

Teen

- Regular Cindy (Kipping/Butterfly Pull-Ups)

Scaled

- Jumping Pull-Ups (the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom, the athlete must lower himself or herself, so the arms are fully extended. At the top, the chin must be clearly above the bar).

- Push-Ups are to be done from the knees but be aware that it's still very important to maintain a straight line through shoulders, hips and knees during the motion.

Master 35-44 Scaled

- Jumping Pull-Ups (the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom, the athlete must lower himself or herself, so the arms are fully extended. At the top, the chin must be clearly above the bar).
- Push-Ups are to be done from the knees but be aware that it's still very important to maintain a straight line through shoulders, hips and knees during the motion.

Master 45+ Scaled

- Jumping Pull-Ups (the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom, the athlete must lower himself or herself, so the arms are fully extended. At the top, the chin must be clearly above the bar).
- Push-Ups are to be done from the knees but be aware that it's still very important to maintain a straight line through shoulders, hips and knees during the motion.

MOVEMENT STANDARDS

Pull Up

- Start: Athlete hanging from pull up bar, elbows fully extended, heels behind bar
- Finish: Chin breaking horizontal plane created by the bar
- Requirement for strict Pull-Up:
 - o Absolutely no movement in hips and knees
 - o Supinated grip is allowed.

Push Up

- Start: Athlete in a high plank position (hands below shoulders, elbows fully extended one solid line through shoulders, hips, knees and heels)
- Requirement:

- Chest touching the floor while maintaining straight line through shoulders, hips, knees and heels during the motion.
- No “snake” movement
- Finish: Athlete in a high plank position (hands below shoulders, elbows fully extended one solid line through shoulders, hips, knees and heels)

Air Squat

- Start: Athlete standing fully upright with hips and knees fully extended
- Requirement:
 - Full squat depth (hip crease below kneecap)
- Finish: Athlete standing fully upright with hips and knees fully extended

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.

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 9th of September 2019, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de