

# Q 18.2



## WORKOUT DESCRIPTION

5 rounds for time and a one rep max (Time Cap 22mins):

### 18.2a

#### 1. Round:

20/16 Calorie Row

50 Double-Unders

5 Overhead Squats

#### 2. Round:

20/16 Calorie Row

50 Double-Unders

10 Overhead Squats

#### 3. Round:

20/16 Calorie Row

50 Double-Unders

15 Overhead Squats

#### 4. Round:

20/16 Calorie Row

50 Double-Unders

20 Overhead Squats

#### 5. Round:

20/16 Calorie Row

50 Double-Unders

25 Overhead Squats

## THEN

### 18.2b

1-rep-max Overhead Squat

## NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of “3, 2, 1 ... go,” the athlete will row for 20/16 calories. After finishing the row, the athlete will perform 50 double-unders followed by 5 overhead squats. After finishing the first round the athlete advances to the second round where the athlete will perform the row and the double-unders like in the first round, but now the athlete does 10 overhead squats. Each round will have another 5 reps added to the overhead squat so that in the fifth round the athlete will perform 25 reps of the overhead squat.

**If the athlete completes all 5 rounds of 18.2a before the 22-minute cap, he or she will use the remaining time to complete Workout 18.2b, a 1-rep-max overhead squat (OHS).**

The OHS must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful lift. Plates smaller than 1/2 kg. may not be used, and the minimum weight increase will be 1kg. The athlete may receive assistance from other people to load the barbell between lifts. Each athlete may use only one barbell for 18.2a and 18.2b, and male athletes must use a 45-lb. (20-kg) barbell.

## SCORE

Your score for 18.2a will be the time it takes to complete all 5 rounds. Your score for 18.2b will be the heaviest weight successfully overhead squatted, in kilograms. If the athlete does not complete 18.2a in less than 22 minutes, he or she will not log a score for 18.2b.

The time cap is 22 minutes for this workout. Mark the number of missing reps, as you will need to put them into the system.

Time will be recorded in full seconds. Do not round up. If you finish in 7:49.8, your score is 7:49.

There is no tiebreak for Workout 18.2a. However, the scoring for Workout 18.2b does include a tiebreak. In the case where two athletes overheadsquats the same amount on 18.2b, their times on 18.2a will serve as the tiebreak, and the athlete with the faster time on 18.2a will be ranked higher on 18.2b.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

## Team Score

The team score will be the sum of the two female and two male results of this workout. The tiebreak will be the sum of the four tiebreak times of these athletes.

## **EQUIPMENT**

### Mandatory:

- Barbell with weights
- Collars
- Jump rope
- Concept 2 rower with PM3, PM4 or PM5

### Allowed:

- Gloves or leather straps 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)

#### Master 35-44 (Male/Female)

#### Team (Male/Female)

- 20/16 Calorie Row
- 50 Double Under
- Overhead Squat (50kg/35kg)

### Intermediate (Male/Female)

#### Master+ 45+ (Male/Female)

#### Teens (Male/Female)

- 20/16 Calorie Row
- 50 Double Under
- Overhead Squat (35kg/25kg)

### Scaled (Male/Female)

#### Scaled Master 35-44 (Male/Female)

#### Scaled Master+ 45+ (Male/Female)

- 20/16 Calorie Row
- 100 Single Under
- Overhead Squat (20kg/15kg)

## **MOVEMENT STANDARDS**

### Calorie Row:

The monitor must be clearly visible and set to zero at the beginning of each row. The athlete or the judge may reset the monitor.

No Rep:

- Calorie Count is not visible

### Double-Unders:

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

No Rep:

- Athlete did a single under
- Athlete failed an attempt of a double-under

### Overhead Squat:

The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved.

The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. The athlete may not use a rack.

No Rep:

- Athlete's hip crease was not below the top of the knee at the bottom
- Athlete did not fully lockout in the top position

## **VIDEO SUBMISSION STANDARDS**

Prior to starting, film the plates and barbell 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.

## **SCORE SUBMISSION DEADLINE**

Please make sure to read the full workout description, especially the tiebreak rules and to submit your score in time.

Scores must be submitted before the 26th of August 2018, 23:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact [info@germanthrowdown.de](mailto:info@germanthrowdown.de)