



TQ 19.1

DISCLAIMER

Teams have to decide which athlete does which workout. Each athlete will do one workout per week. One M/F pair will do TQ1 while the other pair will do TQ2. They have to decide who does which version of TQ1. When the male does TQ1a the female does TQ1b and vice versa.

WORKOUT DESCRIPTION TQ1a (M/F)

Set a timer to 20 minutes, complete 3 rounds for time of

500m row

40 American Kettlebell Swings

20 Burpee Box Jump Over

WORKOUT DESCRIPTION TQ1b (M/F)

Set a timer to 20 minutes, complete the chipper for time of

1500m row

120 American Kettlebell Swings

60 Burpee Box Jump Over

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. One athlete (M or F) will perform 3 rounds of rowing, American Kettlebell Swings and Burpee Box Jump overs, while the other (M or F) will perform the workout as a chipper.

SCORE

The score will be the time to finish this workout or the total number of reps completed before the 20 min timecap.

Team Score

The score of TQ1a and of TQ1b will serve as separate scores.

EQUIPMENT

Mandatory:

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

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 Team (Male/Female)

- Kettlebell (24kg/16kg)
- Plyo Box (24"/20")

Intermediate Team (Male/Female)

- Kettlebell (16/12kg)
- Plyo Box (24"/20")

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

Kettlebell Swing

- Start: Kettlebell in hang position
- Requirement: One fluid motion from hang to overhead position
- Finish: Kettlebell overhead with handle, shoulder, hips and knees in one straight line over feet

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 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, kettlebell 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)
- Teams must submit all individual scores and the respective video links to each score
- 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 29th of July 2019, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de