



# TQ 19.2

## 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. TQ2 is the same for both athletes. Make sure to watch the explanation video.

## WORKOUT DESCRIPTION TQ2 (M&F)

Set a timer to 15 minutes, complete as many reps as possible of:

30 Wall Balls

15 Power Snatches

## 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 perform 30 wall balls and then 15 power snatches. The athlete will then complete as many reps and rounds as possible of this couplet in 15 minutes.

## SCORE

The score will be the total number of reps completed in the 15-min time cap.

### Team Score

The team score of TQ2 will be the sum of both scores.

## **EQUIPMENT**

### Mandatory:

- Wall Ball (9kg/6kg)
- Barbell
- Plates
- Collars

### 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)

- Wall Ball (9kg/6kg)
- Power Snatch (43kg/30kg)

### Intermediate Team (Male/Female)

- Wall Ball (9kg/6kg)
- Power Snatch (35kg/25kg)

## **MOVEMENT STANDARDS**

### Wall Ball Shot

- Start: Medicine ball in front rack position (elbows in front of ball, hips and knees fully extended)
- Requirement: Full squat depth (hip crease below knee cap)
- Finish: Equator of medicine ball hitting target height or above at some point
- Note: Anytime the ball is taken from the floor the ball needs to come to a full stop (no bouncing)

### Power Snatch

- Start: Barbell on the floor (both plates touching at the same time)
- Requirement: One fluid motion from floor to overhead position
- Finish: Overhead position with barbell in line with body with elbows, shoulders, hips and knees fully extended

## **VIDEO SUBMISSION STANDARDS**

Prior to starting, film the wall ball 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.

### **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 29<sup>th</sup> of July 2019, 17:59 CET. No latecomers will be accepted, no matter the reason.

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