



TQ 19.4

DISCLAIMER

Teams have to decide which athlete does which workout. Each athlete will do one workout per week. One M/F pair will do TQ3 while the other pair will do TQ4. TQ4 is the same for both athletes. Make sure to watch the explanation video.

WORKOUT DESCRIPTION TQ4 (M&F)

Set a timer to 10 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 10 minutes.

SCORE

The score will be the total number of reps completed in the 10-min time cap.

Team Score

The team score of TQ4 will be the sum of both scores.

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 Team (Male/Female)

- Strict Cindy (strict Pull-Ups)

Intermediate Team (Male/Female)

- Regular Cindy (Kipping/Butterfly Pull-Ups)

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:
 - Absolutely no movement in hips and knees
- Intermediate: Kipping and Butterfly Pull-Ups are 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:
 - o Chest touching the floor while maintaining straight line through shoulders, hips, knees and heels during the motion.
- 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:
 - o Full squat depth (hip crease below knee cap)
- 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)
- 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 5th of August 2019, 17:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact support@germanthrowdown.de