

18.2

This workout is a 20' amrap.

The athlete will perform the list of movements as many times as possible in a 20' window.

Movements

pull ups

The athlete starts from a total extended hang position, the feet can not be touching the floor. For a valid rep the chin must reach over the bar. When connecting the reps the athlete must again reach full extension first.



Ring muscle up

The athlete starts from a total extended hang position, the feet can not be touching the floor. For a valid rep the athlete must reach a total lockout in ring support before dropping back down. When connecting the reps the athlete must again reach full extension first.

Hand release push up

The athlete starts with only hands and feet touching the floor, the arms must be in full lockout position.

When the athlete receives the bottom position, only hands, chest and feet are allowed to touch the floor. When the belly, hips or legs touch the floor that's a no rep.

At the bottom of the push up the athlete releases his/her hands. Again only chest and feet can touch the floor. Immediately after, the athlete reaches full lock out again. There can be breaks on the floor as long as the above is applied.

Handstand push up

There has to be a square drawn or taped on the floor where the athlete can do his/her push ups. The measurements have to be 100cm by 100cm.

Throughout the movement the hands of the athlete can never exceed the square.

The top line of the square is the wall.

The athlete starts in full lock out on his/her hands with only the feet touching the wall. The head must be tucked in between the arms. To have a valid rep, the athlete has to touch the floor with his head and reach full lock out again with only the feet touching the wall and head directly between the arms. The HSPU can be done on a mat as long as the hands are on the same level as the mat. Bumperplates and abmat as a platform are NOT allowed.

Overhead squat

The athlete starts with the bar on the floor. The athlete will have a valid rep when he/she breaks parallel and reaches full extension with the bar overhead.

The bar can go overhead any way the athlete pleases, a squat snatch will count as a rep when all of the above is applied.

Wall balls

The athlete starts with the wall ball on the floor, the athlete has to break parallel with every rep, the men have to hit or reach above a 3m (10ft) target, the girls 2,7m (9ft).

Clean and jerk

The athlete starts with the barbell on the floor. For a valid rep, the athlete has to take the bar from the floor directly to his/her shoulder. From the shoulder the bar has to go directly overhead. This can be anyway the athlete chooses, as long as the movement finishes in a full lockout position with knees and hips fully extended and the bar directly overhead.

Snatch

The athlete starts with the barbell on the floor. For a valid rep, the athlete has to take the bar from the floor directly overhead without pausing anywhere except for in total overhead lockout. In full lock out the knees and hips must be fully extended.

Teams

Teams do the exact same workout but divide as needed to get as many reps as possible with one person working at a time.

intermediate

women use 65lbs/30kg

men use 95lbs/42kg

wallball 14/20lbs 6kg/9kg

elite and teams

women use 95lbs/42kg

men use 135lbs /60kg

wallball 14/20lbs 6kg/9kg