

18.3

This a “rounds for time” workout, with a 14’ time cap
The reps will vary in each round, using the
21-18-15-12-9-6-3 rep scheme. This will be the case
for all movements except for the lunges, wich will
always be 15m.

The overhead lunges will be divided in 2x 7,5m after
the first segment the athlete will switch hands before
starting the second segment.



Movements

Alternating Dumbbell snatch

The athlete starts with the dumbbell on the floor. He/she must then bring the DB directly overhead without any pauses along the way.

The rep is valid when the dumbbell is stacked directly overhead and the athlete is in full extension. Which means the knees and hips must be locked out.

The athlete must switch hands each rep. However he/she can only do this once the dumbbell has passed eye-height.

In between every rep both heads of the DB must touch the ground simultaneously.

Overhead walking dumbbell lunge

The athlete must mark 7,5 m on the floor, in segments of 1,5m, which will be 1 rep/segment. The athlete will lunge this distance twice, so there are 10 reps to be earned. The athlete will switch hands per segment. He/she can only do this when he/she has completed a segment.

The athlete can switch hands anyway he/she pleases, the DB does not have to come down.

The athlete must stand with both feet in front of the mark before starting the lunges.

During the lunges the athlete has to carry one dumbbell overhead. The arm does not have to be fully locked but the dumbbell however must stay above the athlete's head.

With every lunge the knee must touch the floor and the rep will only count when both feet are across the last segment-line with the DB still overhead.

Toes to bar

The athlete starts from a total extended hang position, the feet can not be touching the floor. For a valid rep both feet must touch the bar at the same time. When connecting the reps, the athlete must again reach full extension on the bar. Before starting the new rep, both feet must pass the rack or pass the virtual line the pull up bar draws vertically to the floor.

Teams

The teams work semi-syncro. This mean they have to advance throughout the workout together, the don't have to do the movements synchronized but do have to wait for the last one to finish before advancing to the next movement.

The workout flow remains exactly the same.

intermediate

women use 35lbs/15kg

men use 50lbs/22,5kg

elite and team

women use 50lbs/22,5 kg

men use 70lbs/32 kg