

19.1

Chipper with a buy-in, 12 minute timecap for all categories except Elite (15')!
(Here are some faults on the scorecards!)

Buy-in : 100 double unders.
As soon as the double unders are done, the athlete(s) can start the chipper.
The athlete(s) can have a ready made barbell when the workout starts.
The tie-break will be the time it takes the athlete(s) to finish the double unders.



Double under

Using the jump rope, the jump rope has to make two rotations for every jump.

Deadlift

The movement starts with the bar on the floor, the athlete has to pick up the bar and then reach full extension with the bar in his/her hands

Bar facing burpee

The movement starts with the athlete standing, the athlete will then lie down on the floor, making sure his/her chest touches the ground. It must also be very clear that the athlete is facing the bar and is not doing his burpees at an angle.

Then the athlete will jump up or step up, to finish the movement with a two-foot jump over the bar.

Teams

The teams will do the same workout, however.

They have to do the double unders in relay, finishing the full 100 DU's before the next athlete can start.

They will need to do all the movements synchronized. This means A) in the deadlift they must be in full extension simultaneously. B) in the burpee the chest must be on the floor simultaneously.

This is the same for the Elite, intermediate, masters and scaled.

Elite

women use 135lbs/60kg

men use 175lbs/80kg

intermediate/masters

women use 115lbs/50kg

men use 155lbs/70kg

scaled

women use 95lbs/42,5kg

men use 135lbs/60kg

video standards

All the athletes need to be on screen throughout the whole workout. A timer must be visible on the video, this can be an external timer (wallmount) or via an app like wodcast, etc...

The athlete's must clearly identify themselves and video the weights etc being used.