19.2

This workout is a 12' amrap.
The athlete(s) will perform the list of movements
as many times as possible in a 12' window.
The timecap is the time it takes the athlete(s) to
finish the first round.
In team, you can use multiple pullup and
weightlifting bars!

Movements

chest to bar pull ups
The athlete starts from a total extended hang
position, the feet can not be touching the floor.
For a valid rep the chest must touch the bar under the collarbone. When connecting the
reps the athlete must again reach full extension first.

Bar 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 on top of the bar before
dropping back down. When connecting the reps the athlete must again reach full extension
first.

Jumping pull up
To find the correct height the athlete needs to stand with two feet together and bring both
arms overhead with the thumbs touching each other. The wrists of the athlete must be in
contact with the rig at this position. A box or plates can be used to adjust the height for the
athlete. For a rep to count, the athlete must grab the rig, fully extend the arms with both
feet on the ground (or box or plates etc.) From here the athlete can jump and pull up, the
chin must reach over the bar.

Squat 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
squat. The athlete(s) can not powersnatch and squat except for the scaled division. The
squat has to be below parallel. After the squat the athlete stands the bar back up in full lock
out, the knees and hips must be fully extended.

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.

Hanging kneeraises
The athlete starts from a total extended hang position, the feet can not be touching the floor. For a valid rep both knees must reach above the hips 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.

Push press
The athlete will have to clean the bar from the floor. Once the bar is on the shoulders, the athlete can bring the bar overhead. He/she has to do this by dipping through the legs, extending the legs and pressing the bar overhead. No re-dip (jerk) of any kind is allowed.

American kettlebellswing
The athlete will start with the kettlebell on the floor. The athlete has to swing the kettlebell directly overhead. He/she has to make sure that the arms are fully extended at the start of the movement as well at the end of the movement, when the kettlebell is directly overhead. When the kettlebell is overhead, a full extension of the ankles, knees and hips is required.

Teams
For the intermediate/masters an scaled teams, one works and one is resting, the athlete's can divide everything as needed.
For the Elite teams, one is working and 2 are resting, dividing everything as needed.

Scaled
women use 55lbs/25kg
men use 75lbs/35kg
kettlebell 45lbs/26lbs   20kg/12kg

intermediate/masters
women use 85lbs/38kg
men use 115lbs/50kg
kettlebell 53lbs/24kg 35lbs/16kg

elite
women use 95lbs/42,5kg
men use 135lbs /60kg

kettlebell 70lbs/32kg 53lbs/24kg

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.