

19.3

This a two-part workout. The athlete gets a 5' timecap. In these 5' the athlete will have to row 500m and then find his/her 10RM front squat from the floor. Both are scored individually.



Movements

Row

The athlete will row 500meters for time. The athlete can leave the rower and start squatting once the screen reads 500m.

Front squat

The barbell& weights can already be prepared. Make sure you always use collars! The athlete can bring the bar to his/her shoulders with a power clean or a squat clean. The squat clean will count as a front squat.

In every rep the athlete goes into a squat below parallel and again reaches full extension with the bar in a front rack position.

Teams

The athletes in the elite, intermediate and scaled teams will each get 5' to complete their workout. Only one works and the next athlete can't start any sooner or later then the 5' mark.

athlete A 0-5'

athlete B 5'-10'

...

The master-athlete's however need to complete this workout;

5' timecap

30/40 cal row (**The scorecard says 500m but this has to be 40cal (men)/ 30cal (women)!**)

max rep fsq in remaining time 95lbs/135lbs 42,5kg/60kg

Each athlete also gets 5', the workout flow is the same as the other team-workouts.

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.

The screen of the rower must be visible.