

LÜBECK

DEUTSCHLAND SHOWDOWN



CrossFit

LICENSED EVENT | 2020



QUALIFIERS RULEBOOK



Workout 25.1: Never Skip Leg Days (AMRAP 10)

RX, ADVANCED, REGULAR, SCALED, PARENT & KID

5 synchro alternating DB Snatches

5 synchro alternating DB Overhead Lunges

5 synchro DB Front Squats

5 synchro Wall Walks

WEIGHTS

RX	22,5 / 17,5 kg
Advanced	20 / 15 kg
Regular	17,5 / 12,5 kg
Scaled + Parent	15 / 10 kg
Kids	8 / 6 kg

Movement Round	DB Snatches	DB Overhead Lunges	DB Front Squats	Wall Walk
Round 1	5 /	10 /	15 /	20 /
Round 2	25 /	30 /	35 /	40 /
Round 3	45 /	50 /	55 /	60 /
Round 4	65 /	70 /	75 /	80 /
Round 5	85 /	90 /	95 /	100 /
Round 6	105 /	110 /	115 /	120 /
Round 7	125 /	130 /	135 /	140 /
Round 8	145 /	150 /	155 /	160 /
Round 9	165 /	170 /	175 /	180 /
Round 10	185 /	190 /	195 /	200 /
Round 11	205 /	210 /	215 /	220 /
Round 12	225 /	230 /	235 /	240 /

Reps at 10 minutes:

Team Name:

Judge Name:

Signature Team Captain:

Workout 25.2: Buddys need handpower (You Go I Go 9 Rounds)

Timecap: 20 minutes

RX & ADVANCED
10 Power Cleans
10 Toes To Bar
10 American KB Swings

Weights

Division	Barbell	Kettlebell
RX	60 / 40 kg	32 / 24 kg
Advanced	50 / 35 kg	24 / 16 kg

Movement	Barbell Power Cleans		Hanging Knee Raises		American KB Swings	
Athlete Round	A	B	A	B	A	B
Round 1	10 /	20 /	30 /	40 /	50 /	60 /
Round 2	70 /	80 /	90 /	100 /	110 /	120 /
Round 3	130 /	140 /	150 /	160 /	170 /	180 /
Round 4	190 /	200 /	210 /	220 /	230 /	240 /
Round 5	250 /	260 /	270 /	280 /	290 /	300 /
Round 6	310 /	320 /	330 /	340 /	350 /	360 /
Round 7	370 /	380 /	390 /	400 /	410 /	420 /
Round 8	430 /	440 /	450 /	460 /	470 /	480 /
Round 9	490 /	500 /	510 /	520 /	530 /	540 /

Total Time: _____

or

Reps at 20 minutes _____

Team Name: _____

Judge Name: _____

Signature Team Captain: _____

Workout 25.2: Buddys need handpower (You Go I Go 9 Rounds)

Timecap: 20 minutes

REGULAR, SCALED
10 Power Cleans
10 Hanging Knee Raises
10 American KB Swings

Weights

Division	Barbell	Kettlebell
Regular	40 / 30 kg	16 / 12 kg
Scaled	30 / 25 kg	12 / 8 kg

Movement	Barbell Power Cleans		Hanging Knee Raises		American KB Swings	
Athlete Round	A	B	A	B	A	B
Round 1	10 /	20 /	30 /	40 /	50 /	60 /
Round 2	70 /	80 /	90 /	100 /	110 /	120 /
Round 3	130 /	140 /	150 /	160 /	170 /	180 /
Round 4	190 /	200 /	210 /	220 /	230 /	240 /
Round 5	250 /	260 /	270 /	280 /	290 /	300 /
Round 6	310 /	320 /	330 /	340 /	350 /	360 /
Round 7	370 /	380 /	390 /	400 /	410 /	420 /
Round 8	430 /	440 /	450 /	460 /	470 /	480 /
Round 9	490 /	500 /	510 /	520 /	530 /	540 /

Total Time:

or

Reps at 20 minutes

Team Name:

Judge Name:

Signature Team Captain:

Workout 25.2: Buddys need handpower (You Go I Go 9 Rounds)

Timecap: 20 minutes

PARENT & KID
10 Barbell Power Cleans for Parents
10 Dumbbell Power Cleans for Kids
10 Hanging Knee Raises
10 American KB Swings

Weights

Division	Barbell	Kettlebell	Dumbbell
Scaled + Parent	30 / 25 kg	12 / 8 kg	-
Kids	-	6 / 4 kg	6 / 4 kg

Movement	Barbell Power Cleans		Hanging Knee Raises		American KB Swings	
Athlete Round	A	B	A	B	A	B
Round 1	10 /	20 /	30 /	40 /	50 /	60 /
Round 2	70 /	80 /	90 /	100 /	110 /	120 /
Round 3	130 /	140 /	150 /	160 /	170 /	180 /
Round 4	190 /	200 /	210 /	220 /	230 /	240 /
Round 5	250 /	260 /	270 /	280 /	290 /	300 /
Round 6	310 /	320 /	330 /	340 /	350 /	360 /
Round 7	370 /	380 /	390 /	400 /	410 /	420 /
Round 8	430 /	440 /	450 /	460 /	470 /	480 /
Round 9	490 /	500 /	510 /	520 /	530 /	540 /

Total Time:

or

Reps at 20 minutes

Team Name:

Judge Name:

Signature Team Captain:

Workout 25.3: Never give up

RX, ADVANCED, REGULAR, SCALED

3000m Row for time

Distance per athlete 250m

Every time you change do 4 Burpees over the rower

START WITH BURPEES OVER THE ROWER BEFORE ROWING

Athlete Round	Athlete A		Athlete B	
	Burpees over	Row	Burpees over	Row
Round 1	4 /	254 /	258 /	508 /
Round 2	512 /	762 /	766 /	1016 /
Round 3	1020 /	1270 /	1274 /	1524 /
Round 4	1528 /	1778 /	1782 /	2032 /
Round 5	2036 /	2286 /	2290 /	2540 /
Round 6	2544 /	2794 /	2798 /	3048 /

Total Time:

or

Reps at 15 minutes

Team Name:

Judge Name:

Signature Team Captain:

Workout 25.3: Never give up

PARENT & KID

2000m Row for time

Distance parent 350m / Kid 150m

Every time you change do 4 Burpees over the rower

START WITH BURPEES OVER THE ROWER BEFORE ROWING

Athlete Round	Athlete A		Athlete B	
	Burpees over	row	Burpees over	row
Round 1	4 /	354 /	358 /	508 /
Round 2	512 /	862 /	866 /	1016 /
Round 3	1020 /	1370 /	1374 /	1524 /
Round 4	1528 /	1878 /	1882 /	2032 /

Total Time:

or

Reps at 15 minutes

Team Name:

Judge Name:

Signature Team Captain:

Hello athlete,

before starting with the workout, we ask you to read through everything from this point on so that you are well prepared.

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the athlete, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct and that you meet the movement standards.

Let us help you by setting up these practical tips and rules to ensure video submission success.

Before the test

Make sure that you go over all workouts, flow and standards by:

1. READING them first.
2. Asking questions later if something is unclear to you.

We always recommend the use of a judge, even if it is not mandatory. If you do, make sure that your judge does the same steps as mentioned above.

During the test

Make it clear to your judge that officiating is not just counting reps. Your judge must also be aware that you, as an athlete, must meet all the required rules and standards.

It's your judge's responsibility to inform you if you don't meet the rules and standards = NO-REP.

Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc...) but a no-rep is a no-rep and should be always given during this process!

After the test

We recommend that you check your videos yourself before submitting them to the competition platform. Make a comparison with the scorecard and check the following (if applicable):

- Are the totals correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?
-

It's NOT up to our review team to determine all the above. You are responsible for this! If everything is correct and only then, should you upload your video (link) for review without the risk of getting penalties or invalidation of it.

Video format

YOUTUBE, VIMEO, GOOGLE, etc... whichever works best for you is allowed.

Don't forget to set your video to PUBLIC modus (YOUTUBE) and without a password login (GOOGLE). Also be aware of COPYRIGHTS on music in the background as these get your video taken down.

ALL videos must be uncut/unedited to allow an accurate display of the test performance. The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team due to the visual distortion these lenses cause.

Time and date

Each video must show a time and date stamp. Your best option to make sure this is 100% guaranteed is to download an App such as WODproof or WeTime or any other similar App so you can scratch any worries about hogging the box WOD clock.

You can also use the WODproof or WeTime and Concept2 Bluetooth connection.

If you don't have this, or don't want to use it, any form of ascending visible clock is allowed within the video frame.

Remember your BASICS

The first thing we want to see when the video starts is you:

- Telling us your name,
- Stating which event and division you are doing,
- Zooming in/focusing on the weights (barbell, dumbbell, kettlebell, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit.

Angle and frame

Record the video so that all exercises can be clearly seen meeting the movement standards. As for framing, make sure your ENTIRE body always stays in the frame. If we cannot see you, we cannot assess the video!

TIPS!

- do not place your recording device on the ground with an upward angle,
- do not place your recording device right in front of you (The anterior 45° angle position is the most ideal place),
- do not place your recording device far away from you,
- watch out for box related obstacles,

Scorecards

The scorecards are a tool that allows you to record all correctly performed reps to upload the final score on the online platform. We strongly recommend that you review this rulebook before performing the workout.

Submitting your score

For more info please visit the following link for instructions (available in English only):

[LINK](#)

Video review

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or subtract full credit of your hard work.

Please try to be patient - with technology and us.

If you have questions about your video or score, please try to hold off until we have had a chance to review your submission and log it for you on the leaderboard.

If we contact you about submission problems, you will have 24-hours to reply and comply.

Appeals

Appeals, scoring discrepancies or questions about the review of online videos will be handled by our head judge. Athletes will receive an email if the score posted is modified due to a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed!

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete. Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.

Have fun with the workouts, keep it fair and earn your spot at the finals.

On behalf of CFevents, the Deutschland Showdown Team

Hallo Athlet,

bevor du mit dem Workout beginnst, bitten wir dich, alles ab diesem Punkt durchzulesen, damit du gut vorbereitet bist.

Obwohl wir dich gerne beim Wort nehmen würden und kein Online-Video-Qualifikationsverfahren durchführen würden, funktioniert das nicht so. Zusätzlich zur Scorecard musst du, der Athlet, ein Video (Link) des vorgeschriebenen Tests als visuellen Beweis hochladen. Das Hauptziel besteht darin, zu überprüfen, ob du den Test durchgeführt hast, ob die Anzahl der Wiederholungen und die angegebenen Zeiten korrekt sind und ob du die Bewegungsstandards eingehalten hast.

Lasse dir von uns helfen, indem wir diese praktischen Tipps und Regeln aufstellen, die dir den Erfolg der Video-Einreichung sichern.

Vor der Prüfung

Vergewissere dich, dass du alle Übungen, Abläufe und Standards durchgehst:

1. LESE sie zuerst,
2. Frage später nach, wenn dir etwas nicht klar ist.

Wir empfehlen immer die Hinzuziehung eines Kampfrichters, auch wenn dies nicht zwingend erforderlich ist. Wenn du dies tust, stelle sicher, dass dein Kampfrichter die gleichen Schritte wie oben beschrieben durchgeführt hat.

Während des Tests

Mache deinem Ihrem Kampfrichter klar, dass seine Aufgabe nicht nur aus dem Zählen von Wiederholungen besteht. Er muss sich auch darüber im Klaren sein, dass du als Athlet alle erforderlichen Regeln und Normen einhalten musst. Es liegt in der Verantwortung deines Kampfrichters, dich zu informieren, wenn man die Regeln und Standards nicht einhält = NO-REP.

Dein Kampfrichter kann dir verbale Anweisungen geben (tiefer in die Hocke gehen, die Hüften/Arme strecken usw.), aber ein NO-REP ist ein NO-REP und sollte zu jeder Zeit in diesem Prozess gegeben werden!

Nach dem Test

Wir empfehlen dir, deine Videos selbst zu überprüfen, bevor du sie auf der Wettbewerbsplattform einreichst. Mache einen Vergleich mit der Scorecard und überprüfe folgendes (falls zutreffend):

- Sind die Gesamtzahlen korrekt?
- Sind die Zeiten richtig?
- Sind die Gewichte richtig?
- Sind die Entfernungen richtig?
- Sind die Höhen korrekt?

Es ist NICHT Aufgabe unseres Beratungsteams, all diese Punkte zu überprüfen. Du bist dafür verantwortlich! Wenn alles korrekt ist, und nur dann, kannst du dein Video (Link) zur Überprüfung hochladen, ohne Gefahr zu laufen, dass es bestraft oder für ungültig erklärt wird.

Videoformat

YOUTUBE, VIMEO, GOOGLE, etc.... was immer für dich am besten funktioniert, ist erlaubt.

Vergesse nicht, dein Video im Modus PUBLIC (YOUTUBE) und ohne Passwort-Login (GOOGLE) einzustellen. Achte auch auf die COPYRIGHTS für die Musik im Hintergrund, da diese für eine Sperrung deiner Videos im Netz sorgen können.

ALLE Videos müssen ungeschnitten/unbearbeitet sein, um eine genaue Darstellung der Testleistung zu ermöglichen. Die Verwendung von Fischaugen- oder ähnlichen Objektiven ist NICHT ZULÄSSIG und wird von unserem Prüfungsteam aufgrund der visuellen Verzerrung, die diese Objektive verursachen, für ungültig erklärt.

Uhrzeit und Datum

Jedes Video muss einen Zeit- und Datumsstempel aufweisen. Am besten lädst du dir eine App wie WODproof oder WeTime oder eine ähnliche App herunter, damit du dir keine Sorgen machen musst, dass du die WOD-Uhr der Box in Beschlag nimmst.

Du kannst auch die Concept2 Bluetooth-Verbindung von WODproof oder WeTime nutzen.

Wenn du diese nicht hast oder nicht verwenden möchtest, ist jede Form der aufsteigenden sichtbaren Uhr innerhalb des Video-Rahmens erlaubt.

Denken Sie an Ihre BASICS

Das Erste, was wir sehen wollen, wenn das Video beginnt, ist:

- Sag uns deinen Namen,
- Nenne die Veranstaltung und die Division, in der du teilnimmst,
- Zoom auf die Gewichte (Langhantel, Kurzhantel, Kettlebell usw.), die Distanz. (Pendellauf, Handstandlauf usw.) und die Zeit/Distanz/Kalorien auf den Bildschirmen, damit wir dir die volle Punktzahl geben können.

Winkel und Frame

Nehme das Video so auf, dass alle Übungen deutlich zu sehen sind und den Bewegungsstandards entsprechen. Achte bei der Aufnahme darauf, dass dein gesamter Körper immer im Bild ist. Wenn wir dich nicht sehen können, können wir das Video nicht beurteilen!

TIPPS!

- Lege dein Aufnahmegerät nicht schräg nach oben auf den Boden,
- Platziere dein Aufnahmegerät nicht direkt vor dir (die vordere 45° Position ist am besten geeignet),
- platziere Dein Aufnahmegerät nicht weit von dir entfernt,
- Achte auf Hindernisse.

Scorecards

Die Scorecards sind ein Instrument, mit dem Sie alle korrekt durchgeführten Proben aufzeichnen können, um die Endnote auf die Online-Plattform hochzuladen.

Wir empfehlen dir dringend, diese Rulebook vor der Durchführung des Workouts zu lesen.

Übermittlung deiner Scores

Weitere Informationen findest du unter folgendem Link (nur in englischer vorhanden):

[LINK](#)

Video Kontrolle

Nach der Einreichung werden deine Ergebnisse und dein Video überprüft. Unser Bewertungsteam sieht sich die Videos stichprobenartig an, um sicherzustellen, ob Du die volle Anerkennung für deine harte Arbeit erhältst oder nicht.

Bitte habe etwas Geduld - mit der Technik und mit uns.

Wenn du Fragen zu deinem Video oder deiner Punktzahl hast, warte bitte, bis wir die Gelegenheit haben, deine Einsendung zu überprüfen und sie in die Bestenliste einzutragen.

Wenn wir dich wegen Problemen bei der Einreichung kontaktieren, hast du 24 Stunden Zeit, uns zu antworten und die Probleme zu lösen.

Einwände

Einwände, Unstimmigkeiten in der Wertung oder Fragen zur Überprüfung von Online-Videos werden von unserem Head Judge bearbeitet. Die Athleten erhalten eine E-Mail, wenn die angezeigte Punktzahl aufgrund einer Strafe geändert wurde. Die Nachricht enthält eine kurze Beschreibung, die den Grund für die Änderung der Punktzahl erläutert. Nach dieser Benachrichtigung haben die Athleten 24 Stunden Zeit, um Einwände zu erheben. Alle Einwände, die nach dieser 24-Stunden-Frist eingehen, werden nicht bearbeitet!

Nur der betroffene Sportler kann Einspruch gegen ein Ergebnis einlegen. Trainer oder andere Personen können nicht im Namen des Athleten Einspruch erheben. Die Athleten können ihre eigene Leistung nicht auf der Grundlage der Bewertung, des Punktestandes oder der Leistung eines anderen Athleten anfechten.

Habt Spaß bei den Übungen, bleibt fair und verdient euch euren Platz im Finale.

Im Namen von CFevents, dem Deutschland Showdown Team

Workout 25.1: Never Skip Leg Days

AMRAP 10

5 synchro alternating DB Snatches

5 synchro alternating DB Overhead Lunges

5 synchro DB Front Squats

5 synchro Wall Walks

WEIGHTS

RX	22,5 / 17,5 kg
Advanced	20 / 15 kg
Regular	17,5 / 12,5 kg
Scaled + Parent	15 / 10 kg
Kids	8 / 6 kg

FLOW

- Before the signal, both athletes stand tall in front of the dumbbell.
- At the signal, athletes start performing 5 synchronised dumbbell snatches where each athlete holds 1 dumbbell.
- They then move into 5 synchronised dumbbell overhead lunges where each athlete holds 1 dumbbell.
- They then move into 5 synchronised dumbbell front squats where each athlete holds 1 dumbbell.
- They then move into 5 synchronised wall walks.
- They complete as many reps as possible, performing the movement and repetitions as described below.

SPECIAL REGULATIONS

- All movements in the entire workout must be performed synchronised.

MOVEMENT STANDARDS

Alternating Dumbbell Snatch

Athlete moves the dumbbell in one fluid motion from ground to overhead, never squatting down to full depth. Snatches must be completed by alternating left/right on the active hand.

REP START: Dumbbell on ground. Hand on Dumbbell.

REP END: Overhead lock-out. The athlete standing tall with knees, hips and elbows extended. Dumbbell is over the sagittal midline of the body.

REP REQUIREMENTS: Dumbbell is moved in one fluid motion from ground to an overhead position.

TEAM SYNCRO: Rep end (Overhead lock-out)

Alternating Overhead Lunges

Athlete steps forward or backward, touching the ground with one knee and returns to standing. Overhead lunges must be completed by alternating left/right on the active knee. Change of dumbbell holding hand is not required.

REP START: Standing tall. Overhead lockout. Dumbbell in one hand. The athlete standing tall with knees, hips and elbows extended. Dumbbell is over the sagittal midline of the body.

REP END: Standing tall. Overhead lockout. Dumbbell in one hand. The athlete standing tall with knees, hips and elbows extended. Dumbbell is over the sagittal midline of the body.

REP REQUIREMENTS: A step is performed when the back knee touching the ground per step. Dumbbell is kept in overhead lockout throughout the full repetition.

TEAM SYNCRO: Rep start and rep end. Knee touching the ground. Both athletes must use the same knee and the same direction of movement.

Front Squats

Athlete, only one head of the dumbbell must touch the athlete's shoulder, squats down below parallel and returns to standing. It is not permitted to place the weight of the dumbbell on the shoulder

REP START: Front rack lockout. Dumbbell in one hand. The athlete standing tall with knees and hips extended. One head of the dumbbell must touch the athlete's shoulder.

REP END: Front rack lockout. Dumbbell in one hand. The athlete standing tall with knees and hips extended. One head of the dumbbell must touch the athlete's shoulder.

REP REQUIREMENTS: Achieve the bottom of squat, hip crease below the knees. Dumbbell in front rack throughout the full repetition. Hands below chin. Dumbbell held with one hand throughout the full repetition.

CYCLE & POST REP: Rep end is a valid rep start.

TEAM SYNCRO: Rep start (Front rack lockout). Bottom of squat.

Wall Walk (RX & Advanced)

Athletes elevate themselves from lying down with chest, feet and thighs touching the ground to a handstand position against the wall by placing their feet on the wall and walking their hands toward the wall before walking on their hands back to start position.

REP START: Lying down with chest, feet and thighs touching the ground. Any part of both hands-on start / finish line.

REP END: Lying down with chest, feet and thighs touching the ground. Any part of both hands-on start / finish line.

REP REQUIREMENTS: Both feet must be on the wall with knees off the ground before either hand can leave the start / finish line. Both hands must be in contact with the wall line at the same time. Both hands must return to the start / finish line before the feet can come off the wall.

CYCLE & POST REP: Rep end is a valid rep start.

MEASUREMENTS: Mark two lines with some tape (width minimum 2,5cm) on the floor.

The 1st is the start and finish line. The distance between the closest edge of the tape to the wall and the wall itself is 140cm for women and 152cm for men.

The 2nd line (wall line) is for top of the movement. The distance between the closest edge of the tape to the wall and the wall itself is 25cm.

TEAM SYNCRO: Rep start and rep end (Lying down with chest, feet and thighs touching the ground. Any part of both hands-on start / finish line).

All hands must be in contact with the wall line at the same time.

Wall Walk (Regular, Scaled and Parent & Kid)

REP START: Lying down with chest, feet and thighs touching the ground. Both hands must be in front of the start / finish line. No part of the hand is touching the line.

REP END: Lying down with chest, feet and thighs touching the ground. Both hands must be in front of the tape. No part of the hand is touching the line.

REP REQUIREMENTS: Both feet must be on the wall with knees off the ground before either hand can leave the start position. Athletes will walk up the wall until both hands are on the other side of the start / finish line. The fingers may not be touching the start / finish line. On the descent, the feet must remain on the wall until both hands are in front of the start / finish line. No part of the hand is touching the start / finish line.

CYCLE & POST REP: Rep end is a valid rep start.

MEASUREMENTS: Mark one line with some tape (width minimum 2,5cm) on the floor.

The distance of the start / finish line between the closest edge of the tape to the wall and the wall itself is 140cm for women and men.

For kids only: mark the start / finish line at shoulder height when the kid is laying on the floor, chest and thighs touching the ground and heels touching the wall.

TEAM SYNCRO: Rep start and rep end (lying down with chest, feet and thighs touching the ground. Both hands must be in front of the tape. No part of the hand is touching the start / finish line).

Workout 25.2: Buddys need handpower

You Go I Go 9 Rounds

Timecap: 20 minutes

RX & ADVANCED	REGULAR, SCALED & PARENT/KID
10 Power Cleans	10 Barbell / Dumbbell Power Cleans
10 Toes To Bar	10 Hanging Knee Raises
10 American KB Swings	10 American KB Swings

WEIGHTS

Division	Barbell	Kettlebell	Dumbbell
RX	60 / 40 kg	32 / 24 kg	-
Advanced	50 / 35 kg	24 / 16 kg	-
Regular	40 / 30 kg	16 / 12 kg	-
Scaled + Parent	30 / 25 kg	12 / 8 kg	-
Kids	-	6 / 4 kg	6 / 4 kg

FLOW

- Before the Signal, athlete A stands tall in front of the barbell.
- At the signal, athlete A starts performing 10 power cleans.
- After the last rep of athlete A, athlete B will also perform 10 power cleans.
- Then athlete A will perform 10 toes to the bar.
- After the last rep of athlete A, athlete B will also perform 10 toes to bar.
- Then athlete A will perform 10 American kettlebell swings.
- After the last rep of athlete A, athlete B will also perform 10 American kettlebell swings.
- Both athletes continue in this manner until 9 rounds are completed or the timecap of 20 minutes is reached.

SPECIAL REGULATIONS

- Athletes must high-five or fist bump each other during the change.
- Every athlete uses one barbell and one kettlebell with his specific weight.
- Kids will perform the power cleans with one dumbbell.

MOVEMENT STANDARDS

Barbell Power Cleans

Athletes move the barbell in one fluid motion from ground to shoulders, never squatting down to full depth.

REP START: Barbell on-ground. Hands on barbell

REP END: Front-rack lockout. Barbell resting on the athlete's shoulder with the elbows clearly in front of the bar and hips and knees extended.

REP REQUIREMENTS: Barbell is moved in one fluid motion from ground to front rack in the power position. No squat clean is allowed.

CYCLE & POST REP: Barbell can be returned to rep start in any controlled manner.

Toes To Bar

REP START: Vertical hang from horizontal bar. Hips fully extended. Heels break the vertical plane directly under the bar.

REP END: Toes on both feet touch the bar simultaneously. The contact point is within the width of the hands.

CYCLE & POST REP: The athlete may return to rep start in any controlled manner.

TEAM SYNCRO: Rep end (Toes on both feet touch the bar simultaneously. The contact point is within the width of the hands).

American Kettlebell Swings

REP START: Hang position. Entire kettlebell is behind the vertical plane made by the tip of the athlete's toes and inside the legs.

REP END: Standing tall. Overhead lockout. The athlete standing tall with knees, hips and elbows extended. Kettlebell is over the sagittal midline of the body.

REP REQUIREMENTS: Kettlebell must be moved in one fluid motion.

TEAM SYNCRO: Rep end (Standing tall. The entire kettlebell with handle breaks the horizontal plane of the top of the athlete's head).

Hanging Knee Raises

Athlete hanging from a horizontal bar move their knees above the horizontal plane of the hip.

REP START: Vertical hang from horizontal bar. Hips fully extended. Heels break the vertical plane directly under the bar.

REP END: Both knees must pass the horizontal plane of the hip.

CYCLE & POST REP: The athlete may return to rep start in any controlled manner.

Dumbbell Power Cleans

Athletes move the dumbbell in one fluid motion from ground to shoulders, never squatting down to full depth.

REP START: Dumbbell on-ground. Hands on dumbbell

REP END: Front-rack lockout. Dumbbell resting on the athlete's shoulder with the elbows clearly in front of the bar and hips and knees extended.

REP REQUIREMENTS: Dumbbell is moved in one fluid motion from ground to front rack in the power position. No squat clean is allowed.

CYCLE & POST REP: Dumbbell can be returned to rep start in any controlled manner.

Workout 25.3: Never give up

Timecap: 15 minutes

RX, ADVANCED, REGULAR, SCALED	PARENT & KID
3000m Row for time	2000m Row for time
Distance per athlete 250m	Distance parent 350m / Kid 150m
Every time you change do 4 Burpees over the rower	Every time you change do 4 Burpees over the rower

FLOW

- Before the start both athletes stand behind the rower.
- At start signal athlete A starts with 4 burpees over the rower.
- Then athlete A starts rowing 250m (Parents 350m).
- The athlete must stop rowing immediately upon reaching 250m (Parents 350m).
- Athlete A gets off the rower.
- Athlete B starts also with 4 burpees over the rower.
- Then athlete B starts rowing to the 500m mark. 250m (Kid 150m).
- The athlete must stop rowing immediately upon reaching 500m (Kid 150m).
- They complete this pattern until the team absolved 3000m (Parent & Kid 2000m) on the rower or the timecap of 15 minutes is reached.

SPECIAL REGULATIONS

- Athletes must high-five or fist bump each other for each change.
- DO NOT reset the rower.
- Only one rower can be used during the workout.
- In the parent-kid division, parents row 350 m and kids 150 m.

MOVEMENT STANDARDS

Burpees Over Rower

REP START: Stand free.

REP END: Standing free on the other side of the rower.

REP REQUIREMENTS:

Start on one side of the rower with a burpee. The chest and thighs must touch the floor. Jump over the rower, a two-foot take-off is not required. Athlete passes over the rower with the entire body. Landing or contacting the rower with feet during the transition over is ok but not required. Both feet must be in the air during the jump. Stepping over is NOT allowed.