



# MONTHLY CHALLENGE 19.4 - presented by GoPrimal

APR 1, 12:00 pm, THROUGH APR 15, 12:00 pm

## WORKOUT 19.4

### 0-5 min

Ascending ladder of 2/4/6/8/... reps

- Deadlifts (70/100kg)
- Boxjumps (50/60cm)

### 5-7min Rest

### 7-12min

max unbroken free handstand hold

## EQUIPMENT

- Barbells\*
- Collars
- Plates
- Box of appropriate height for your division\*

\* The official weight is in kilogram. The weight for men is 100 kg and for women 70 kg. For your convenience, the minimum acceptable weights in pounds are 155lbs (70kg) and 220 (100kg). The height of the box must be at least 60cm for men and 50cm for women.

## NOTES

This workout begins with the athlete standing tall in front of the barbell. It is not allowed to touch the barbell until the beginning of the workout. . After the countdown, the athlete may then perform 2 deadlifts. After completing the 2 deadlifts the athlete performs 2 boxjumps. After completing the 2 boxjumps the athlete moves on with 4 deadlifts and 4 boxjumps. The athlete always adds two more reps to both movements until the time cap of 5 minutes is over. After the first 5 minutes, the athlete must rest for 2 minutes. After the rest, the athlete has 5 more minutes to perform a max unbroken free handstand hold.

## MOVEMENT STANDARDS

### Deadlifts

A traditional deadlift with the hands outside the knees needs to be performed. Sumo deadlifts are not allowed. The athlete starts with the barbell on the floor. The barbell is then lifted until hips and knees reach full extension with the head and shoulders behind the bar. The arms must be straight throughout. The barbell must touch the floor before it may be lifted again. Bouncing is not allowed.

### **Boxjumps**

The rep starts with both feet on the floor. The athlete may then jump on to the box. The rep finishes with the hips and knees fully open while in control on top of the box. A two feet takeoff and landing are required for a rep to count.

### **Free handstand hold**

The time starts counting as soon as the athlete lifts both feet of the ground and is not in contact with any obstacles or any person. As long as the feet are of the ground the time is counting. As soon as the feet are back on the ground or in touch with a person or a obstacle the time stops. It is allowed to do a handstand walk.

The athlete can start several times as long as it is within the time cap but only the longest time counts.

### **VIDEO SUBMISSION STANDARDS**

For your videos please use the app WODProof and film the workout with this official app. Prior to starting, film the barbell and the weight to be used so that everything can be seen clearly. After finishing the workout, the weight of the last valid lift needs to be announced to the camera and the weights, which are on the barbell, need to be shown in the video.

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Make sure that the handstand hold or handstand walk is within the frame. As soon as the athlete is outside the video frame the time for the handstand hold stops.

For more information about how to use WODProof visit our website [www.jonasmuellertraining.com](http://www.jonasmuellertraining.com) and check the information about the JMT monthly challenge.

### **SCORE SUBMISSION**

Your score is the amount of reps you are able to finish within the first 5 minutes cumulated with the time you were able to do a free unbroken handstand hold. Every second of free unbroken handstand hold counts as 1 rep.

The score and the video must be submitted by 12 PM MEZ on 15th of April 2019.