



MONTHLY CHALLENGE 19.6 - presented by fitforless.ch

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

WORKOUT 19.6

3 rounds for time:

30 / 20 calories Assault Bike

30 KB snatches

30 wallballs

EQUIPMENT

- Assault Bike
- kettlebell
- wallball

NOTES

This workout begins with the athlete standing tall next to assault bike until the beginning of the workout. After the countdown, the athlete may then 20 calories for the women and 30 calories for the men on the assault bike. After finishing the amount of calories, the athlete may advance to the KB snatches. After finishing the 30 KB snatches the athlete may then perform 30 wallballs. The athlete may then perform 2 other rounds with the same movement pattern.

MOVEMENT STANDARDS

Assault Bike

The screen must be set to zero after each round.

Kettlebell Snatches

The kettlebell snatch starts with the kettlebell lifted from the ground to the hang position. The kettlebell needs to be lifted directly from the hang position to overhead. It must be lifted in one motion. The non-lifting hand and arm may not be in contact with the body or the kettlebell during the repetition. At the top, the arms, hips and knees must be fully locked out with the kettlebell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. Alternating is possible but not required. It must be 30 reps in total, doesn't matter how many reps per arm.

Wallballs

The medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep". If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

The ball needs to be thrown to a 9 feet target for the women and a 10 feet target for the men.

VIDEO SUBMISSION STANDARDS

For your videos please use the app WODProof and film the workout with this official app. Prior to starting, film the wallball and the kettlebell so that everything can be seen clearly.

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.

For more information about how to use WODProof visit our website www.jonasmuellertraining.com and check the information about the JMT monthly challenge.

SCORE SUBMISSION

Your score is the time you used to finish the workout.

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