



# MONTHLY CHALLENGE 19.10 - presented by Lynn's Therapy

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

## WORKOUT 19.10

### 0-3 min

1 RM Jerk

### 3-5min

max reps deadlift (120/80 kg)

## EQUIPMENT

- barbell
- plates
- collars
- optional: rack / blocks

## NOTES

This workout begins with the athlete standing tall next to the barbell until the beginning of the workout. After the countdown, the athlete may then perform from minute 0 to minute 3 a one repetition maximum of a Jerk. After 3 minutes, the athlete needs to advance to the deadlifts. Starting with the deadlift prior to the 3 minute mark is not allowed. The athlete may then perform for the next 2 minutes as many deadlifts as possible.

## MOVEMENT STANDARDS

### Jerk

The athlete needs to get the bar on his shoulder. For support, a rack or blocks are allowed. From the shoulder, the athlete then performs a jerk. At the top, the arms, hips and knees must be fully locked out with the barbell overhead. If a split jerk is performed the feet must return and be in one line under the athlete's body. Split jerks and push jerks are allowed.

### 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.

## **VIDEO SUBMISSION STANDARDS**

For your videos, please use the app WODProof and film the workout with this official app. Prior to the start, film the barbell and the plates so that the weight 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](http://www.jonasmuellertraining.com) and check the information about the JMT monthly challenge.

## **SCORE SUBMISSION**

Your score is the amount of kg you were able to jerk accumulated with the reps of deadlift you were able to complete within the 2 minute timeframe.

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