



MONTHLY CHALLENGE 19.11 - presented by GoPrimal

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

WORKOUT 19.11

12min AMRAP

2 rounds of

- 10 power cleans (50/35 kg)
- 10 bench presses (50/35 kg)

then

2 rounds of

- 10 backsquats (50 / 35 kg)
- 10 HSPUs

EQUIPMENT

- barbell
- plates
- collars
- wall
- tape or chalk for the 90x60 cm box.

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 10 power cleans followed by 10 bench presses. The athlete needs to perform 2 rounds of this rep scheme, before advancing to the backsquats and HSPUs.

After finishing the first two rounds, the athlete may then perform 2 rounds of 10 backsquats and 10 HSPUs. After finishing these two rounds, the athlete continues with the power cleans and bench presses. These 2 different movement patterns need to be done until the 12 minute timecap is over.

MOVEMENT STANDARDS

Power Clean

The barbell must be lifted from the floor. The barbell must be lifted up in one movement from the floor to the shoulders. To complete the movement the hips and knees must be fully extended with the elbows in front of the bar and the feet in one line. As soon as the athlete is in full control of the barbell the rep counts. Split power clean is allowed. As soon as the hip crease pass below the knees the rep is invalid and a no rep. The hip crease must stay higher than the knees.

Bench Press

The rep begins with extended arms and the bar over the chest. The shoulders and hips need to be in contact with the bench. The bar needs to be lowered to the chest with the shoulders and hips in contact with the bench. The bar needs to make contact with the chest, before pushing it up to full extension. The rep ends with the bar over the chest and the arms in full extension. The feet must remain in contact with the floor during the whole repetition.

Backsquat

The barbell can be lifted up from the floor or you can start from the rack. To start the movement, the barbell needs to be held in a proper back rack position with knees and hips fully extended. The athlete may then perform a backsquat. At the bottom the hip crease must pass below the knees. The barbell must be held in the back rack position and stay in contact with the body during the whole movement. To finish the exercise the hips and knees must be fully extended again.

HSPUs

The handstand push-up begins with the arms locked out, hips open and the heels in contact with the wall. Only the heels may be touching the wall at the start and finish of each rep. At the bottom, the head must make contact with the ground. The feet don't need to remain in contact with the wall during the rep, but they must touch the wall at the beginning and end of each rep. Kipping handstand push-ups are allowed. The head and the hands need to be on the same level. The hands must remain in a clearly marked 90x60 cm box. The palm of the hand must remain inside the box, fingers may reach outside the box.

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 and check the information about the JMT monthly challenge.

SCORE SUBMISSION

Your score is the amount of reps you were able to complete within the 12 minute timeframe. The score and the video must be submitted by 12 PM MEZ on 15th of November 2019.