



# MONTHLY CHALLENGE 19.12 - presented by JMT

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

## WORKOUT 19.12

### 2 rounds for time:

- 75 airsquats
- 500m row
- 25m handstand walk (5 x 5m)

Time cap: 15min

### EQUIPMENT

- rower
- Tape for marking 1m increments for the handstandwalk

### NOTES

This workout begins with the athlete standing tall until the beginning of the workout. After the countdown, the athlete may then perform 75 airsquats followed by 500m row and 25m handstandwalk. The athlete needs to perform 2 rounds of this rep scheme.

### MOVEMENT STANDARDS

#### Airsquats

At the beginning of this movement the athlete needs to stand tall with hips and knees fully extended. The athlete may then perform an airsquat. At the bottom the hip crease must pass below the knees. To finish the exercise the hips and knees must be fully extended again.

#### Rowing

The monitor of the rower must be set to zero at the beginning of each rowing. The athlete or the judge/a helper may reset the monitor. The athlete must stay seated on the rower until the monitor reads 500m.

#### Handstandwalk

The athlete needs to start with both hands (entire hand, including palm and fingers) behind the mark of the segment. The athlete also needs to finish behind the mark of the segment with both hands for a rep to count. The walking direction is forward. If the athlete needs to come down from the hands, the athlete needs to restart form behind the last line successfully crossed. Each 1m section will count as 1 rep.

## **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 time you had to finish this workout or the amount of reps you were able to complete within the 15 minute timeframe. 1m of handstandwalk counts as 1 rep. 10m of rowing counts as 1 rep. The 10m need to be finished for a rep to count.

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