



MONTHLY CHALLENGE 19.2 - presented by sponser

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

WORKOUT 19.2

0-5 min

Max unbroken set of double unders

5-10min

1 RM of the following complex:

snatch – hang snatch – overhead squat

EQUIPMENT

- Jump rope
- Barbells*
- Collars
- Plates

* The minimum weight of the barbell needs to be 15kg for women and 20kg for men.

NOTES

This workout begins with the athlete standing tall and his/her jump rope in the hands. After the countdown, the athlete may then perform as many attempts of an unbroken set of double unders within the 5 minutes timeframe. After the first 5 minutes, the athlete will then move on the barbell and has now 5 minutes to find a max weight on the following complex: snatch – hang snatch – overhead squat.

MOVEMENT STANDARDS

Double unders

For a valid repetition, the rope must pass under the feet twice for each jump. The rope must spin forward for a rep to count.

Snatch Complex

For the snatch, the barbell needs to be lifted from the ground to overhead in one continuous motion. All styles of snatches are allowed (muscle snatch, power snatch, squat snatch or split snatch). The snatch is completed when the barbell is fully locked out overhead, the athlete's hips, knees and arms are fully extended and the bar is directly over or slightly behind the middle of the body.

After completing the snatch, the barbell needs to be lowered to the hang position. Any position between hips and knees is allowed. From that position, the athlete may then perform a hang snatch. Any styles of hang snatches are allowed (hang muscle snatch, hang power snatch, hang

squat snatch or hang split snatch). The hang snatch is completed when the barbell is fully locked out overhead, the athlete's hips, knees and arms are fully extended and the bar is directly over or slightly behind the middle of the body. It is not allowed and a no rep if the barbell touches the ground.

After completing the hang snatch, the athlete may then squat down with the barbell still overhead. The hip crease must clearly pass below the top of the knee in the bottom position for a repetition to count. After reaching the bottom position, the athlete may then stand up to full extension. As soon as the athlete reaches full extension and controls the barbell overhead, the repetition counts.

After the athlete picked up the barbell, it is not anymore allowed to touch the ground if the whole complex hasn't been completed. However, if the athlete fails the hang snatch and/or the overhead squat, the athlete can repeat that repetition as long as the barbell didn't touch the ground. Collars need to be used when lifting any weight. A repetition is invalid if the collars aren't used.

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.

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 highest unbroken set double unders you were able to complete, divided by 4 & added with the weight of your 1RM snatch complex.

Here is an example:

max unbroken set of double unders in 5 min:

50, 200, 80, 30 → 200 : 4 → Score = 50

1RM of the snatch complex in 5 min:

70kg, 75kg, 77kg → Score: = 77kg

Total score: 50 + 77 = 127

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