



## MONTHLY CHALLENGE 19.3 - presented by JMT

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

### WORKOUT 19.3

#### For time (15min time cap):

30 toes to bar  
20 DB hang clean & jerks  
20m DB overhead walking lunges (4x5m)

20 chest to bar pullups  
20 DB hang clean & jerks  
20m DB overhead walking lunges (4x5m)

10 bar muscle-ups  
20 DB hang clean & jerks  
20m DB overhead walking lunges (4x5m)

#### EQUIPMENT

- Dumbbell of appropriate weight for your division\*
- Bar for toes to bar, pullups and muscle-ups
- Tape for marking 1m increments for the lunges

\* The official weight is in kilogram. The weight for the woman is 15kg, for the man it's 22.5kg. For your convenience, the minimum acceptable weights in pound are 50 lb. (22.5 kg) and 35 lb. (15 kg).

#### NOTES

This workout begins with the athlete standing tall right next to the bar. It is not allowed to touch the bar before the workout starts. After the countdown, the athlete may then perform 30 toes to bar. After completing all 30 toes to bar, the athlete performs then 20 DB hang clean & jerks followed by 20m DB Overhead walking lunges. After completing this pattern, the athlete performs 20 chest to bar pullups, followed again by 20 DB hang clean & jerks and 20m DB overhead walking lunges. After completing this second pattern, the athlete then performs 10 bar muscle-ups, followed again by 20 DB hang clean & jerks and 20m DB overhead walking lunges.

#### MOVEMENT STANDARDS

##### Toes to bar

For a valid rep to count, the athlete must go from a full hang to having the toes touch the pullup bar. At the start of each rep the athlete must bring the feet off the ground and they must be brought back behind the bar and the rest of the body. The arms must be fully extended. All style of grips are permitted. Both feet must then touch the bar at the same time and inside the hands. Taping the bar and/or hands are allowed and also all hand protections.

### **Chest to bar pullups**

At the start of each rep, the arms must be fully extended at the bottom with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone. Kipping and butterfly pullups are allowed as long as all the requirements are met.

### **Bar Muscle-ups**

The athlete must begin with, or pass through, a hang below the bar with the arms fully extended and the feet off the ground. The elbows must be fully locked out at the top and the shoulders must be over or in front of the bar. The athlete must pass through some portion of a dip to lockout over the bar. Only the hands, no other part of the arm, may touch the pullup bar to assist the athlete while completing the rep.

Kipping muscle-ups are allowed but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

### **DB hang clean & jerks**

The athlete must pause with the dumbbell at the hang position after the dumbbell is lifted off the floor. The dumbbell can be held at the athlete's side or between the legs. From the hang position the athlete may perform a muscle clean, power clean, squat clean or split clean. At least one head of the dumbbell needs to make contact with the shoulder before being lifted overhead. Once the dumbbell made contact with the shoulder, the athlete may get the dumbbell overhead in any style he or she chooses. Shoulder presses, push presses, push jerks and split jerks are all allowed.

The arms, hips and knees must be fully locked out at the top, both feet must be in line under the athlete's body and the dumbbell needs to be clearly over the middle of the athlete's body when viewed from profile. The repetition will count as soon as the athlete has reached the lockout.

The non-working hand may not come into contact with the body or the dumbbell as long as the dumbbell is being lifted. It is allowed to use two hands while lowering the dumbbell between reps.

### **DB overhead walking lunges**

Each lunge begins with the dumbbells overhead, the feet together and the athlete standing tall. The dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile. Both feet must stay behind the first marked line on the ground as the athlete starts. The trailing knee must make contact with the ground at the bottom of each lunge. Only one hand is allowed to touch the dumbbell during the lunge. The rep ends with the athlete standing tall with the hips, knees and arm fully extended. It's not required to stop with both feet together on the ground but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep and shuffle steps between reps are not allowed. If an athlete fails a rep, he/she needs to come back behind the last marked 1m line, where the athlete must pass the line with both heels in order that the meters count.

The athlete can switch the hand at any time as long as the athlete is standing tall while changing hands.

Walking lunges are required. The athlete must lunge 5m and needs to change the direction then.

## **VIDEO SUBMISSION STANDARDS**

For your videos please use the app WODProof and film the workout with this official app. Prior to starting, film the dumbbell to be used so that the load can be seen clearly. Also film the measurement of the 5m lunge area.

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so that 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 needed to complete all 180 reps of the entire workout. There is a 15min time cap. If the athlete does not finish all 180 reps within the time cap, his/her score will be the number of reps completed. There is no tiebreaker for this workout.

The score and the video must be submitted by 12 PM MEZ on 15<sup>th</sup> of March 2019.