



MONTHLY CHALLENGE 19.6 - presented by Nosh-Pots

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

WORKOUT 19.7

For time:

21-15-9 of

- Burpee box get overs (75 / 60 cm)
- Clean & Jerk (60/40kg)

EQUIPMENT

- box
- barbell
- collars
- plates

NOTES

This workout begins with the athlete standing tall next to the box until the beginning of the workout. After the countdown, the athlete may then perform 21 burpee box get overs. After finishing the 21 burpee box get overs, the athlete may advance to the clean & jerks. After finishing the 21 clean & jerks the athlete may then perform 15 burpee box get overs followed by 15 clean & jerks. After finishing the round of 15 the athlete may then perform 9 burpee box get overs and 9 clean & jerks.

MOVEMENT STANDARDS

Burpee box get overs

The athlete jumps or steps back to lie on the ground, chest and thighs must touch the ground. From this position, the athlete can step or jump to their feet. The athlete must then jump on to the box with a two-feet takeoff. The athlete doesn't need to land with both feet at the same time but a single-legged jumping or stepping up is not allowed. The athlete must then get over the box to the other side of the box. The athlete doesn't need to extend the hips to get over the box. Step down is allowed. Touching the box with the hands for the jump over is allowed. The rep is finished, when the athlete reaches the other side of the box.

The burpees need to be performed facing the box.

Clean & Jerk

The barbell needs to be lifted in one motion from the floor to the shoulders. The rep counts when the athlete's hips and knees are fully extended and the bar is resting on the shoulders with the elbows in front of the bar. Any style of cleans are allowed – power cleans, split cleans and squat cleans. From the shoulder the athlete performs a jerk. At the top the arms, hips and knees must be fully locked out with the barbell over head. 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. Before starting the next rep the barbell must touch the floor again.

VIDEO SUBMISSION STANDARDS

For your videos please use the app WODProof and film the workout with this official app. Prior to starting, film barbell with the weight and the box (height must be seen) so that everything 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 time you used to finish the workout.

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