



MONTHLY CHALLENGE 19.8 - presented by Sponser

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

WORKOUT 19.8

10 rounds for time:

- 10 power snatches (35 / 25 kg)
- 100m shuttle run (10 x 10m)

EQUIPMENT

- barbell
- collars
- plates

NOTES

This workout begins with the athlete standing tall in front of the bar until the beginning of the workout. After the countdown, the athlete may then perform 10 power snatches. After finishing the power snatches the athlete may continue with 10 x 10m of shuttle runs, 100m in total. After finishing these two exercises the athlete may repeat these two exercises for another 9 rounds.

MOVEMENT STANDARDS

Power Snatches

The barbell begins on the ground and must be lifted overhead in one motion. This is not a ground-to-overhead any way, a clean & jerk is not permitted. Touch and go is permitted but bouncing the barbell is not allowed. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition. The rep counts as soon as the barbell is at full lockout overhead, with the hips, knees and arms fully extended and the bar directly over or slightly behind the middle of the body with the feet in one line.

Shuttle run

The athlete starts with the run behind the mark. The athlete may then run to the 10 meter mark and touch the ground with one hand behind the mark. After these 10 meters the athlete needs to turn around and run back to the first mark.

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 with the weight and the 10 meters measured properly 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. Running outside of the videoframe leads to a disqualification. The run needs to be within the frame.

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 need to finish the workout.

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