



MONTHLY CHALLENGE 19.9 - presented by crossequip

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

WORKOUT 19.9

20min AMRAP:

- 100 ft. DB front rack walking lunges (22.5 / 15kg, 6x5m)
- 80 abmat sit-ups
- 60 alternating DB snatches (22.5 / 15kg)
- 40 one arm DB thrusters (22.5 / 15kg)
- 20 ring MU

EQUIPMENT

- dumbbell
- abmat
- rings

NOTES

This workout begins with the athlete standing tall next to the dumbbells until the beginning of the workout. After the countdown, the athlete may then perform 100 ft. of walking lunges with two dumbbells in front rack position. After finishing the walking lunges the athlete may continue with 80 abmat sit-ups followed by 60 alternating DB snatches and 40 DB one arm thrusters. After completing these movements, the athlete may perform 20 ring muscle-ups. The athlete then continues with this rep scheme until the 20 minutes are over.

MOVEMENT STANDARDS

DB front rack walking lunges

Each lunge begins with the 2 dumbbells in a front rack position. At least one head of each dumbbell needs to make contact with the shoulders. The athlete needs to stand tall with hips and knees extended prior starting with the first lunge. The athlete must start behind the mark. At the bottom of the front rack walking lunge, the trailing knee must make contact with the ground and the dumbbell needs to stay in front rack position, with at least one head touching the athlete's shoulders. If during the lunge the head loses contact with the shoulder, the athlete needs to stop lunging and return to the last completed section in order to continue. The rep counts as soon as the athlete gets both heels across the line with hips and knees fully extended and the dumbbell in front rack position. Stopping with both feet together on the ground is not required but both legs need to be fully extended. The athlete needs to alternate the legs each step. Shuffle steps between reps are not allowed. Each 1m section will count as 1 rep. If an athlete fails to meet the standard during a step, the athlete needs to restart from behind the last 1m section successfully completed.

Abmat sit-ups

The athlete needs to use an abmat for this exercise. The abmat needs to be placed under the back of the athlete. The movement starts with the athlete sitting in front of the abmat with spread legs. The athlete touches the feet first, stretches himself backwards and needs to touch the floor with his hands behind his head. The rep is completed as soon as the athlete touches his feet again.

Alternating DB snatches

The dumbbell snatches start with the dumbbell on the ground and finish with the dumbbell directly overhead. At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly overhead. The movement starts with the dumbbell on the ground. The dumbbell needs to be lifted overhead in one motion. At the bottom of the movement, both heads of the dumbbell must touch the ground. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. The non-lifting hand and arm may not be in contact with the body during the repetition.

The athlete needs to alternate hands after each rep. The dumbbell must be lowered below the top of the athlete's head before the athlete may switch hands.

If the athlete gets a no rep, he or she needs to repeat the rep on this side where he or she got a no rep.

Any style of snatch is allowed: power snatch, squat snatch or split-style snatch. Both feet must be in one line before lowering the dumbbell for the rep to count.

One arm dumbbell thrusters

The movement starts with the dumbbell held in one hand in a front rack position. The non-lifting hand and arm may not be in contact with the body during the repetition.

The athlete may perform a squat clean thruster as a first repetition or the athlete can stand up tall and then start the movement. The athlete may then perform a front squat directly followed by a full lockout overhead. The athlete needs to perform this movement in one motion for a rep to count.

The dumbbell must be clearly overhead with arm, hips and knees fully extended.

On head of the dumbbell needs to stay in contact with the athlete shoulder during the front squat part of the thruster.

Ring muscle up

The athlete must begin with or pass through a hang below the rings. The arms need to be fully extended and the feet must be clearly off the ground. During the kip, no part of the foot may rise above the height of the rings. The athlete must pass through some portion of a dip before reaching lockout. The rep counts when the elbows are fully locked out. Kipping in the muscle-up is acceptable of swings or rolls to support are not permitted.

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 so that the weight of the dumbbells can be seen clearly. Please film also the sections for the walking lunges so that the measurement 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 the reps you completed within the timeframe. One meter of walking lunges equals one repetition.

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