



WOD BB19.1 TEAM

BEACH BREAK 2K19 - ONLINE QUALIFIER

From Monday 6th May 2019 (0h00)

To Monday 13th May 2019 (23h59)

Presented by :



WORKOUT 19.1 - Team

Ladder 12 min

10 – 20 – 30 – 40 – 50

Deadlift 100/60kg (220/132 lb)

Box Jumps Over 24'/20'

NOTES

This workout begins with athlete standing tall front of the barbell with the corresponding plates. At the call of "3, 2, 1... go!" the athlete will begin the deadlift for 10 reps. He will move to the box and perform 10 box jump over, then move back to the deadlift, etc.

In each round the number of repetitions of the deadlift and box jump over will increase by 10 reps.

Only one athlete realizes the workout, the other recuperates. Change can happen at any time. If two athletes perform movements at the same time, this will cancel both repetitions.

This workout ends at the end of the 12-minute time cap. Every second counts in this workout. The athlete's score will be the total repetitions.

There is no tiebreak for this workout.

EQUIPMENT

- Barbells
- Standard bumper plates to load to the appropriate weights for your gender
- Collars
- Box that is the appropriate height for your gender and age group

The official weight is in kg (lb). For your convenience, the minimum acceptable weights in pounds for the deadlift are 100 kg (220 lb), 60 kg (132 lb).

If the athlete does not have the equipment in the specified weight (kg/lb) he will have to use the higher weight in his possession (225lb, 135lb)

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show the weight of the 2 barbells and the plates and the height of the box.

Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout.

Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Be careful when recording your video, music can block the loading on Internet. You can use the platform of our partner <http://wodproofapp.com/>



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SCORSCARD (ALL)

WORKOUT 19.1 - Team

Ladder 12 min

10 – 20 – 30 – 40 – 50

Deadlift 100/60kg (220/132 lb)

Box Jumps Over 24'/20'

The official weight is in kg (lb). For your convenience, the minimum acceptable weights in pounds for the deadlift are 100 kg (220 lb), 60 kg (132 lb).

If the athlete does not have the equipment in the specified weight (kg/lb) he will have to use the higher weight in his possession (225lb, 135lb)

ROUND	Deadlift	BJO	Reps
Round 1	10	10	20
Round 2	20	20	60
Round 3	30	30	120
Round 4	40	40	200
Round 5	50	50	300
Round 6	60	60	420
Round 7	70	70	560

Total Reps _____

Time cap of 12 minutes : score athletes his number of total repetitions.

DIVISION

	RX	SCALED	TEAM H/F	MASTERS [35+]	MASTERS [45+]
Athlete Name					
Athlete Signature					
Judge Name					
Judge Signature					



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MOVEMENT STANDARDS

DEADLIFT

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar.

The arms must be straight throughout. No bouncing. Two separate barbells may be used for deadlifting during the workout. If one barbell is used, the athlete may receive assistance with changing the load.





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Box Jumps Over

For the Box Jump Over the athlete must have a two foot take off and landing.

There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

The step-up is forbidden but the step-down is allowed.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

