



# WOD BB19.2

## BEACH BREAK 2K19 - ONLINE QUALIFIER

From Monday 6th May 2019 (0h00)

To Monday 13th May 2019 (23h59)

Presented by :



## WORKOUT 19.2 - Individual

### During 10 min

AMRAP 2 min : Step up over 22,5/15kg

AMRAP 2 min : JPU/PU/CTB

AMRAP 2 min : Step up over 22,5/15kg

AMRAP 2 min : SU/DU

AMRAP 2 min : Step up over 22,5/15kg

The athlete's score will be the total number of repetitions completed within the 10 minutes with the following scoring system :

Jumping Pull-up : 0,25 point

Pull-up : 1 point

CTB : 3 points

Single-Under : 0,5 point

Double-Under : 1 point

## VARIATIONS

### RX'd:

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 15kg (33 lb)

### Scaled:

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

### Masters 35+: (Ages 35-45)

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 10kg (22 lb)

### Masters 45+: (Ages 45 and more)

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

## EQUIPMENT

- Dumbbells of appropriate weight for your division
- Box that is the appropriate height for your gender : 24' M / 20' F for all categories

The official weight is kilograms. For your convenience, the minimum acceptable weights in are in pounds 22,5kg (50 lb) ; 15kg (33 lb) ; 10kg (22 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 (35lb, 135lb, 225lb....). 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.

## NOTES

The workout begins with the dumbbell on the ground and athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up the two dumbbells and perform Step up over during 2 minutes. After monitor indicates 2 minutes, the athlete will move to perform 'Jumping pull up' or 'Pull up' or 'Chest to bar' until monitor indicates 4 minutes.

After monitor indicates 4 minutes, the athlete will move back for step up over until monitor indicates 6 minutes.

After monitor indicates 6 minutes, the athlete will realize SU or DU, until monitor indicates 8 minutes.

After monitor indicates 8 minutes, the athlete will move back for step up over until monitor indicates 10 minutes.

## 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 dumbbells. 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 19.2 - Individual

During 10 min

AMRAP 2 min : Step up over 22,5/15kg

AMRAP 2 min : JPU/PU/CTB

AMRAP 2 min : Step up over 22,5/15kg

AMRAP 2 min : SU/DU

AMRAP 2 min : Step up over 22,5/15kg

## VARIATIONS

### RX'd:

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 15kg (33 lb)

### Scaled:

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

### Masters 35+: (Ages 35-45)

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 10kg (22 lb)

### Masters 45+: (Ages 45 and more)

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

Jumping Pull-up : 0,25 point

Pull-up : 1 point

CTB : 3 points

Single-Under : 0,5 point

Double-Under : 1 point

ROUND	Step Up Over		
Round 1 0 - 2min			
	JPU	Pull Up	CTB
Round 2 2min - 4min	0,25 /rep	1 /rep	3 /rep
	Step Up Over		
Round 3 4min - 6min			
	Simple Under		DU
Round 4 6min - 8min	0,5 /rep		1 /rep
	Step Up Over		
Round 5 8min - 10min			

Total Reps \_\_\_\_\_

## DIVISION

Athlete Name

Athlete Signature

Judge Name

Judge Signature

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





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## MOVEMENT STANDARDS

### STEP UP OVER

The movement begins with the dumbbell on the ground and athlete standing tall. The athlete will pick up the two dumbbells in their hands at the athlete's sides. The athlete will then, step onto the box. From there, the athlete must pass the opposite side of the box.

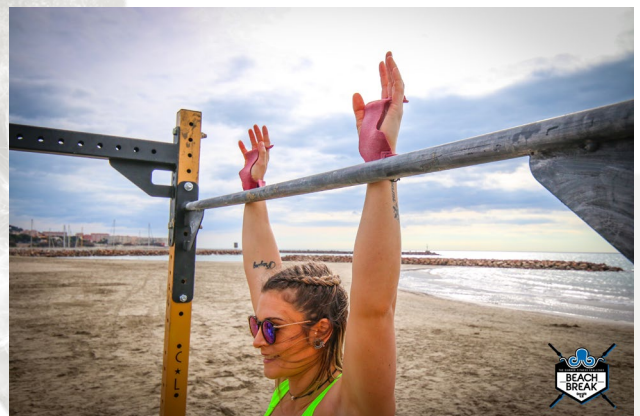
The repetition is validated when both feet are touching the ground on the opposite side. The athlete must also refrain from using their hand or the dumbbell in contact with the box to assist them with their step-up.

Also, no hip extension is required on top of the box or at any point. Once both of the athlete's feet come in contact with the ground on the opposite side of the box in which the repetition started, that rep shall be counted. The athlete must always start each repetition facing the box.



### JUMPING PULL UP

For jumping pull-ups, the bar should be set up so it is at least 15 cm (6 inches) above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.







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## CHEST TO BAR

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. 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.

## SIGLE UNDER

This is the standard single under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

## PULL UP

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chin must break the horizontal plane of the bar.



## DOUBLE-UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

