



DUCQ – MASTERS 35-40

SCORE SUBMISSION DUE 8PM (AEST) MONDAY, JULY 21

WORKOUT DESCRIPTION

WORKOUT 25.1

AMRAP in 12mins of:

60 Double Unders

20 Toes to Bar

1 Deadlift for Max Load (kg)

Only one barbell may be used. The barbell may be preloaded before the workout begins. If the athlete chooses to adjust the weight during the workout, they must do so without any assistance.

Notes:

This workout begins with the athlete holding their skipping rope. After the call of go, the athlete will complete 60 Double Unders. The athlete will then complete 20 Toes to Bar. Once the Toes to Bar are completed the athlete will complete 1 Deadlift for max kilograms.

The athlete will continue accumulating reps and kilograms until the 12-minutes is up.

The barbell may be preloaded before starting but if the athlete needs to adjust the weights they cannot receive assistance. The clips must be placed on the outside of all plates. Only one barbell may be used.

The athlete's score will be all the reps plus the kilograms completed before the 12-minute time cap.

Example:

Rd 1: 60 DU + 20 TTB + 150kg= 230

Rd 2: 60 DU + 20 TTB + 150kg= 230

Rd 3: 60 DU + 20 TTB + 150kg= 230

Rd 4: 60 DU + 20 TTB + 150kg= 230

Rd 5: 60 DU

Score= 980

Equipment:

- Skipping Rope
- Pull-up Bar
- Barbell
- Collars
- Plates to load to the appropriate weight.

Video Submission Standards:

A judge is recommended but not required.

All video submissions must be uncut and unedited to accurately display the performance. Prior to starting, film the pull-up bar and barbell to be used so the weights can be seen clearly.

The clock or timer with the running workout time should be clearly visible throughout the entire workout.

Record the video from an angle so all movements can be clearly seen meeting the movement standards.