



ARE YOU READY TO #EARNIT

Q 17.1
DESCRIPTION

Q 17.1 WORKOUT

RE-DO 16.3



WORKOUT

FOR TIME / TIMECAP: 25 minutes

Reps can be performed in any order. This workout is not a chipper.

INDIVIDUAL			MASTER				TEAM	TEEN
M A L E								
ELITE 18-99 years	INTERMEDIATE 18-99 years	SCALED 18-99 years	35-44 years	45-99 years	SCALED 35-44 years	SCALED 45-99 years	18-99 years	up to 18 years
75 REPS (each Movement) Chest-to-Bar Pull-Up	75 REPS (each Movement) Chin-over-the-Bar Pull-Up	50 REPS (each Movement) Jumping Pull-Up	75 REPS (each Movement) Chest-to-Bar Pull-Up	75 REPS (each Movement) Chest-to-Bar Pull-Up	50 REPS (each Movement) Jumping Pull-Up	50 REPS (each Movement) Jumping Pull-Up	75 REPS (each Movement) Chest-to-Bar Pull-Up	75 REPS (each Movement) Chest-to-Bar Pull-Up
Calorie Row	Calorie Row	Calorie Row	Calorie Row	Calorie Row	Calorie Row	Calorie Row	Calorie Row	Calorie Row
Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees	Rowing-facing-Burpees

F E M A L E								
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VIDEO:



Q 17.1 DESCRIPTION

GERMAN
THROWDOWN
2017

WORKOUT

TIMECAP: 25 MINUTES

75 reps for time of:

Chest-to-Bar Pull-Ups

Calorie Row

Rower-Facing-Burpees

Reps can be performed in any order. This workout is not a chipper.

NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of "3, 2, 1 ... go," the athlete will perform 75 Chest-to-Bar Pull-Ups, 75 Calorie Row and 75 Burpees, jumping over the rower for each rep of the burpees. The total number of 225 reps can be done in any order. All 75 reps of one movement does not have to be completed until the athlete can advance to the next movement. The athlete may choose any order to complete the repetitions. The workout is done after all 225 repetitions are completed.

SCORE

Your score will be the time it takes to complete all 225 repetitions. The time cap is 25 minutes for this workout. Mark the number of missing reps, as you will need to put them into the system.

Time will be recorded in full seconds. Do not round up. If you finish in 7:49.8, your score is 7:49.

Team Score: The team score will be the sum of the best two female and best two male results of this workout.

EQUIPMENT

MANDATORY:

- Concept 2 rower with PM3, PM4 or PM5
- Pull-Up Bar

ALLOWED:

- Tape
- Gloves or leather straps to protect the hand
- Knee sleeves
- Wristbands
- Training or weightlifting shoes
- Magnesia/Chalk

FORBIDDEN:

- Any kind of grip enhancement strap

VIDEO:



Q 17.1 DESCRIPTION

GERMAN
THROWDOWN
2017

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chest must clearly come into contact with the bar below the collarbone.

No Rep:

- Athlete begun repetition without full extension of their arms
- Athlete did not make contact with their body below the collar bone

CHIN-OVER-BAR PULL-UP

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chin must be clearly above the bar.

JUMPING PULL-UP

For the jumping pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom, the athlete must lower himself or herself so the arms are fully extended. At the top, the chin must be clearly above the bar.

CALORIE ROW

The monitor must be clearly visible and set to zero at the beginning of each row. The athlete or the judge may reset the monitor.

BURPEE

Each burpee must be performed perpendicular to and facing the rower. The chest and thighs touch the ground at the bottom and hand and feet must be on either side of a line that is perpendicular to the rower.

The athlete must jump over the rower from both feet and land on both feet. Onefooted jumping or stepping over is not permitted.

The next rep will then begin on the opposite side facing the rower.

No Rep:

- Athlete performed one footed jump or stepped
- Athlete is parallel orientated
- Athlete failed to touch the ground with chest or thighs



VIDEO:



Q 17.1 DESCRIPTION

GERMAN
THROWDOWN
2017

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. The monitor of the rower must show 0 calories at the beginning of each set of calorie row and must show the number of calories rowed at the end of each set of calorie row. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Team videos must be submitted as a playlist link (no editing)!

SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description and to submit your score in time. Scores must be submitted before the 27th of August 2017, 23:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact orga@germanthrowdown.de

VIDEO:





ARE YOU READY TO #EARNIT

Scorecards

Q 17.1

Q 17.1

SCORECARD

DIVISIONS
 Individual Elite (male/female)
 Individual Intermediate (male/female)
 Masters (male/female)
 Team & Teen (male/female)



Name:

Affiliate:

Division:

Judge:

75 REPS FOR TIME // TIMECAP: 25 MINUTES

Reps can be performed in any order. This workout is **not** a chipper.



<p>75 Chest-to-Bar Pull-Ups <i>Elite (♂+♀), Masters (♂+♀), Masters+ ♂, Teens (♂+♀), Teammember (♂+♀)</i></p> <p>75 Chin-over-the-Bar Pull Ups <i>Intermediate (♂+♀), Masters+ ♀</i></p>	<table border="1"> <tr><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td></tr> <tr><td>22</td><td>24</td><td>26</td><td>28</td><td>30</td><td>32</td><td>34</td><td>36</td><td>38</td><td>40</td></tr> <tr><td>42</td><td>44</td><td>46</td><td>48</td><td>50</td><td>52</td><td>54</td><td>56</td><td>58</td><td>60</td></tr> <tr><td>62</td><td>64</td><td>66</td><td>68</td><td>70</td><td>72</td><td>74</td><td>75</td><td></td><td></td></tr> </table> <p>Counting support: Check off the number of pull-ups!</p>	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	75			<p>sum of reps until timecap</p> <p>If necessary: Missing reps <input type="text"/></p>
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We confirm the completeness and correctness of the above mentioned details and that the workout is correctly performed.

signature JUDGE

signature ATHLETE



Please sign in to your myBoxLog account and type in the correct result until 27th of August 2017, 23:59 CET. Don't forget to enter the valid link to your video evidence (teams: playlist link) into the intended line.

A service of myBOXLOG Leaderboard

Stand: 16.08.2017

DEADLINE
 27.08.2017

Q 17.1

SCORECARD

DIVISIONS

Individual Scaled (male/female)
Masters Scaled (male/female)



Name:

Affiliate:

Division:

Judge:

50 REPS FOR TIME /// TIMECAP: 25 MINUTES

Reps can be performed in any order. This workout is **not** a chipper.



<p>50 Jumping Pull-ups</p>	<table border="1"> <tbody> <tr> <td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td> </tr> <tr> <td>22</td><td>24</td><td>26</td><td>28</td><td>30</td><td>32</td><td>34</td><td>36</td><td>38</td><td>40</td> </tr> <tr> <td>42</td><td>44</td><td>46</td><td>48</td><td>50</td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table> <p>Counting support: Check off the number of pull-ups!</p>	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50						<p>sum of reps until timecap</p> <p>If necessary: Missing reps <input type="text"/></p>
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*Scaled Divisions: No video evidence required, affiliate owners have to confirm each score online.
To register as an affiliate owner please visit: <https://gtd17.myboxlog.com/register/volunteer>
and select boxowner as your desired category*

We confirm the completeness and correctness of the above mentioned details and that the workout is correctly performed.

signature JUDGE

signature ATHLETE



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A service of myBOXLOG Leaderboard

Stand: 16.08.2017

DEADLINE
27.08.2017

Q 17.1

SCORECARD

Teams / final score all athletes
To judge single team members please use
the elite scorecard!



Team name:


Affiliate:


Division: TEAM


Judge:


FINAL CALCULATION TEAM RESULT

The team score will be the sum of the best two female and best two male results of this workout.

	Best MALE athlete : minutes Finale TIME
--	--

	Second best MALE athlete : minutes Finale TIME
---	---

	Best FEMALE athlete : minutes Finale TIME
---	--

	Second best FEMALE athlete : minutes Finale TIME
--	---

Sum of all finale times : minutes = FINAL TEAM SCORE
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