



# QUAL 18.1

QUALIFIERS END: 23RD OF JULY 2018 20:00H (CEST)

**FOR TOTAL REPS / TIME CAP: 15MIN**

MOVEMENTS	1	2	3	4	5	6	7	8	9	10
<b>5 CHEST TO BAR</b> M. FEMALE+: CHIN OVER BAR PULL UPS										
<b>10 WALL BALLS</b> MALE: 20LB (9KG) / 3,05M TARGET FEMALE: 14LB (6KG) / 2,75M TARGET M. FEMALE+: 8LB (4KG) / 2,75M TARGET										
<b>POSSIBLE REPS</b>	<b>15</b>	<b>30</b>	<b>45</b>	<b>60</b>	<b>75</b>	<b>90</b>	<b>105</b>	<b>120</b>	<b>135</b>	<b>150</b>

MOVEMENTS	COMPLETED REPS
100 DOUBLE UNDERS	

MOVEMENTS - IN REMAINING TIME	COMPLETED CALORIES
MAX EFFORT CAL ROW	

**YOUR QUAL 1 SCORE:  
FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TOTAL CALORIES ROWED BY THE TIME CAP**

GENDER	DIVISION	ATHLETE NAME	ATHLETE SIGNATURE	JUDGE INT.
O Male O Female	O 18 - 44 Years O Master 45+ Years	X	X	



# QUAL 18.1

QUALIFIERS END: 23RD OF JULY 2018 20:00H (CEST)

## SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP

At the call of 3,2,1 Go the athlete perform the Workouts in the prescribed order. Starting with 10 rounds of 5 C2B and 10 Pull ups. After the athlete completes the final round he or she then completes 100 Double Unders. With the remainder of the 15 minutes the athlete rows for Calories. The score will be the total reps performed. Each calorie on the rower represents 1 rep. (150 reps of C2B and WallBalls plus 100 Double Unders plus calories on the rower.)

All male categories use a 20lb. (9kg) Ball and perform Chest to bar pull ups.

Female 18-44 use a 14lb. (6kg) ball and perform Chest to bar pull ups.

Female masters 45+ use a 8lb. (4kg) Ball and perform chin over bar pull ups.

## MOVEMENT STANDARDS

**CHEST TO BAR PULL UPS:** This is a standard chest-to-bar pull-up. Dead hang, kipping or butter pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet of the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

**CHIN OVER BAR PULL UPS (FEMALE MASTERS 45+):** This is a standard chin-over-bar pull-up. Dead hang, kipping or butter pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet of the ground. At the top, the chin must break the horizontal plane of the bar.

**WALL BALLS:** In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught on the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

**DOUBLE UNDERS:** This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

**ROW:** Concept 2 rowers with a PM 4 or higher are permitted.