

STRENGTH IN DEPTH ORIGINS

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STRENGTH IN DEPTH ORIGINS 2019 ONLINE QUALIFIER 2

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RXBAR



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ONLINE QUALIFIERS WORKOUT 2

RXBAR[®]

WORKOUT 2: PAIRS WORKOUT

COMPLETE AS MANY ROUNDS AS POSSIBLE
IN 20 MINUTES OF:

16 toes-to-bar

20 dumbbell hang clean and jerk (22.5/15kg)

24 calorie row

Time cap – 20 minutes

EXECUTION

- > This is a pairs workout
- > Pairs can be any age/sex combination
- > The workout starts with the athlete stood beneath the bar
- > Each exercise needs to be completed before advancing to the next movement
- > Working athletes must tag non-working athletes on each transition
- > The rowing machine monitor must be reset after each round
- > No minimum work requirement
- > There are no scaled options

SCORING

The team score is the total repetitions completed by all 6 pairs (team composition 7 males, 5 females and a master of each sex, one of which 40+ and the other 35+).

EQUIPMENT

MM pair 1x 22.5kg dumbbell, multiple toe-to-bar stations, 1x rower

FF pair 1x15kg dumbbell, multiple toe-to-bar stations, 1x rower

FM pair 1x15kg dumbbell, 1x 22.5kg dumbbell, multiple toe-to-bar stations, 1x rower

PRIZE

There is a separate prize for the winning team of Qualifier 2 of £500.

Please note the video submission requirement to be eligible for this prize.

JUDGING AND VIDEO SUBMISSION

Teams DO NOT need to video their team's workouts to record a valid Qualifier 2 score submission. Team captains (who submit the team scores) must, however, personally ensure that movement standards are adhered to and all submitted scores are legitimate. To be eligible for the winning prize, you will need to evidence your scores with videos (and SiD HQ will get in touch with leading teams to see these once Q2 closes). We, therefore, strongly encourage you all to record videos.

Videos should be filmed to the following standard. Prior to starting, film the dumbbells being used so the loads can be clearly seen. Videos should be uncut and unedited. A stopwatch display should be in the frame throughout the entire workout. Shoot the video from such an angle that the movement standard is clear to see and be sure you have enough battery life and memory to record your video.



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MOVEMENT STANDARDS

TOE-TO-BAR

In the Toes-to-Bar, the athlete must go from a full hang with the heels behind the vertical plane of the pull-up bar, to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

DUMBBELL HANG CLEAN AND JERK

After the dumbbell is lifted off the floor, the athlete must pause with the dumbbell at the hang position, either at his or her side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbell comes up and makes contact with the shoulder before being lifted overhead. Once at the shoulder, the athlete may get the dumbbell overhead any way he or she chooses. Shoulder press, push press, push jerk and split jerk are all permitted. The non-working hand may not come into contact with the body or the dumbbell while the dumbbell is being lifted. Athletes may use two hands while lowering the dumbbell between reps. At the top, the arm, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. If a split jerk is performed, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead. Unlike 18.1 of the CrossFit Games Open, athletes may complete the dumbbell hang clean and jerks with either arm and are not restricted to a particular number of repetitions.

ROW

Athletes do not have to insert their feet into the straps of the rower. The athlete working can be assisted getting in and out of the foot plates by their partners only. The monitor must start on at the beginning of each row. The athlete must stay seated on the rower until the monitor reads 24 calories.

SiD ORIGINS 2019 RULEBOOK

For further details on workout formats, approved equipment/attire and judging requirements please revert to the SiD Origins 2019 Rulebook, which can be found on our website at www.strengthindepth.com



ONLINE QUALIFIERS WORKOUT 2 SCORE CARD

WORKOUT 2: PAIRS WORKOUT

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IN 20 MINUTES OF:

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- 24 calorie row

Time cap – 20 minutes

ROUND COUNT	16 TOE-TO-BAR	20 DB HANG CLEAN & JERK	24 CALORIE ROW
ROUND 1	16	36	60
ROUND 2	76	96	120
ROUND 3	136	156	180
ROUND 4	196	216	240
ROUND 5	256	276	300
ROUND 6	316	336	360
ROUND 7	376	396	420
ROUND 8	436	456	480
ROUND 9	496	516	540
ROUND 10	556	576	600
ROUND 11	616	636	660
ROUND 12	676	696	720
ROUND 13	736	756	780
ROUND 14	796	816	840
ROUND 15	856	876	900

ATHLETE NAME (print)

MALE

FEMALE

ATHLETE NAME (print)

MALE

FEMALE

AFFILIATE

TOTAL REPS

JUDGE NAME (print)

I confirm the information above accurately
represents my performance for the workout
(athletes signature)

Date

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