

# Movement Standards

## Qualifier Workout 18.1



## THE WORKOUT

### JACKIE

Row 1000 meter

50 Thrusters (M: 20kg / F: 15kg)

30 Pull-ups\*

Before the start of the workout, the athlete is permitted to set the damper and display settings of the rower and prepare a barbell to perform the Thrusters. This workout starts with the athlete sitting on the rower, without touching the handle. At the start of 3,2,1 GO! The athlete may touch the handle and start rowing the 1000 meters. After completing the row, the athlete continues to perform 50 Thrusters. After completing the Thrusters, the athlete continues to perform 30 Pull-ups (Elite and RX). The scaled division replaces pull-ups with jumping pull-ups. Your time in full seconds will be the score of this workout. Rounding up the time is not permitted (e.g. 5:31.9 is 5:31).

**This workout is time-capped at 10 minutes.** If the athlete is time-capped, write down the last completed repetition in the movement column and circle it.

### ELITE & RX DIVISION

Men use 20kg for the Thrusters.

Women use 15kg for the Thrusters.

### SCALED DIVISION

Men use 20kg for the Thrusters.

Women use 15kg for the Thrusters.

**The workout is changed to:**

Row 1000 meter

50 Thrusters

30 Jumping pull-ups

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### ROW

It is permitted for the athlete to adjust the rower damper and display settings to their liking, it is your responsibility as an athlete to make sure the rower set-up is done before the workout starts. Alteration to the set-up after the workout has started, is not permitted.

It is **not** permitted to touch the handle with your hands until the time starts running. Other than that, just row!

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### THRUSTER

Each repetition of the thrusters must move from the bottom of the front squat to full lock-out in overhead position. The crease of the hip must clearly pass the top of the knees in the bottom of the front squat. In the overhead position the knees, hip and arms must be fully locked out and the barbell in line with the athlete. The barbell rests on the ground, using a rack is not allowed.

#### Allowed:

The thruster always starts in the front-rack position. Performing a full squat clean into the thruster is allowed.



#### No-reps:

- The athlete does not reach below parallel (the crease of the hip is above the top of the knees) in the front squat.
- The athlete does not lockout their knees, hips or arms in the overhead position.
- The barbell is in front of the athlete in the overhead position.
- The athlete uses a push-jerk movement to reach the overhead position.

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### PULL UP

Each repetition of the pull-up starts with the athlete hanging from the bar with their arms in full extension. The repetition finishes when the athlete clearly reaches with the top of the chin above the horizontal plane of the bar. Any style of pull-up is permitted (strict, kipping, butterfly).



#### No-reps:

- Athlete does not fully extend their arms in the hang position.
- Athlete does not break the horizontal plane of the bar with the chin.

## JUMPING PULL UP



Prior to the workout, the athlete must measure the distance between the top of the head and the bar. The distance between the bar and the head must be a **minimum of 15 centimeters** when the athlete is standing tall.

For each repetition the athlete must lower themselves until the arms are in full extension. The repetition finishes when the athlete clearly reaches with the top of the chin above the horizontal plane of the bar.

### No-reps:

- The athlete does not lower him/herself to full extension after each performed repetition.
- Athlete does not break the horizontal plane of the bar with the chin.