



TEAM ONLINE QUALIFIER

December 6th-16th, 2019

WORKOUT 5&6

All workout scores due Monday, December 16th at 8pm EST



SCORECARD

DOUBLE DT + HEAVY DT

Male 1 & Female 1 Complete:
WORKOUT 5

Ten rounds for time of:
12 Deadlift
9 Hang Power Clean
6 Shoulder to Overhead

Male 2 & Female 2 Complete:
WORKOUT 6

Five rounds for time of:
12 Deadlift
9 Hang Power Clean
6 Shoulder to Overhead

WOMEN:

WORKOUT 5: 105 LBS
WORKOUT 6: 145 LBS

MEN

WORKOUT 5: 155 LBS
WORKOUT 6: 205 LBS



CAP: 17 minutes



SCORES: Time

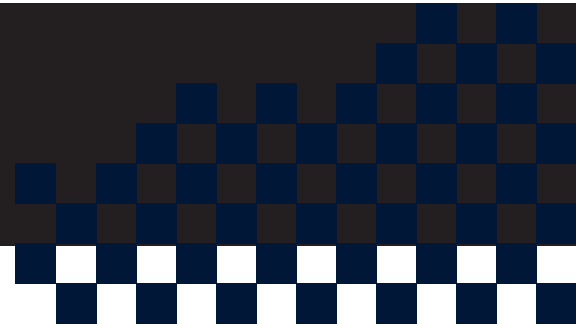
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FLOW

Workout 5 is scored by the total time it takes Male 1 and Female 1 compete Double DT. At the start of the ascending clock, the athlete may begin the 12 Deadlifts of DT. Once those repetitions are complete, they can begin their 9 Hang Power Cleans. When those are finished, they can begin 6 Push Jerks. Athletes will continue this for 10 rounds. Once they have finished their last set of Push Jerks, the time can be called.

Workout 6 is scored by the total time it takes Male 2 and Female 2 to complete Heavy DT. At the start of the ascending clock, the athlete may begin the 12 Deadlifts of DT. Once those repetitions are complete, they can begin their 9 Hang Power Cleans. When those are finished, they can begin 6 Push Jerks. Athletes will continue this for 5 rounds. Once they have finished their last set of Push Jerks, the time can be called.

SCORING

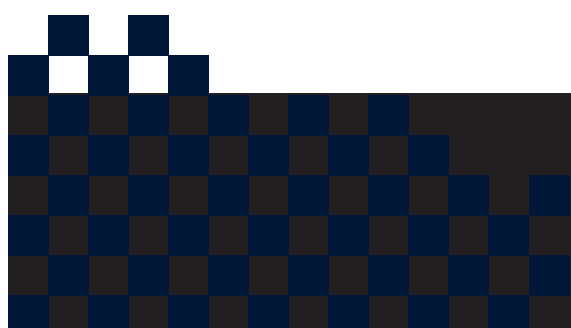
Workout 5 is scored by the combined time for Male 1 and Female 1 performing “Double DT”. Workout 6 is scored by the combined time for Male 2 and Female 2 performing “Heavy DT”. All versions of the workout have a 17 minute time-cap.

MOVEMENT STANDARDS

DEADLIFT

This is a conventional deadlift. Sumo deadlift or hands inside the knees are not permitted. The barbell begins on the floor and will be lifted until hips and knees reach full extension. Bouncing of the deadlift is not allowed. The bar must be deadlifted first before engaging in any pulling movement and must clearly stop at the hip. The bar must be received in the front rack position in one motion from the hang position and may not be lowered below the knees. Full extension of the hips and knees must be achieved with the bar in the front rack position for the rep to count.

Reps can be unbroken or partitioned as needed.



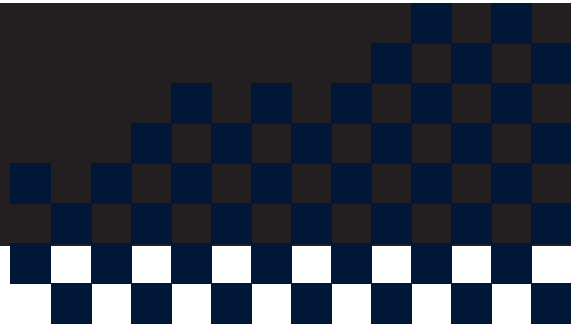
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MOVEMENT STANDARDS

Hang Power Clean

The bar must be deadlifted first before engaging in any pulling movement and must clearly stop at the hip. The bar must be received in the front rack position in one motion from the hang position and may not be lowered below the knees. Full extension of the hips and knees must be achieved with the bar in the front rack position for the rep to count. Reps can be unbroken or partitioned as needed.

Shoulder to Overhead

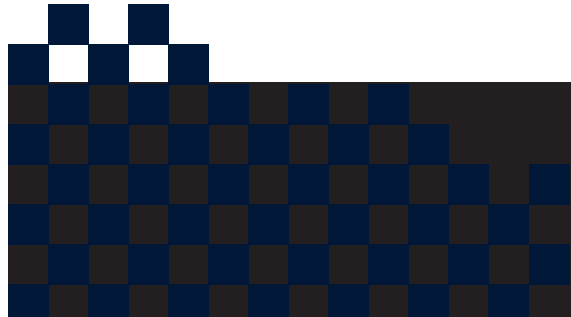
Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips, and knees are fully extended, and the bar finishes directly over the body with the feet in line.

EQUIPMENT

- BARBELL
- CLIPS
- PLATES
- 205lb = 93kg
- 155lb = 70kg
- 140lb = 64kg
- 95lb = 43kg

VIDEO SUBMISSION

Prior to starting, the athlete must state their name, workout being performed, and clearly film the barbell and weights to be used so the weight can be identified. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Clips must be used, weight must be shown and declared for score to be accepted. While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.

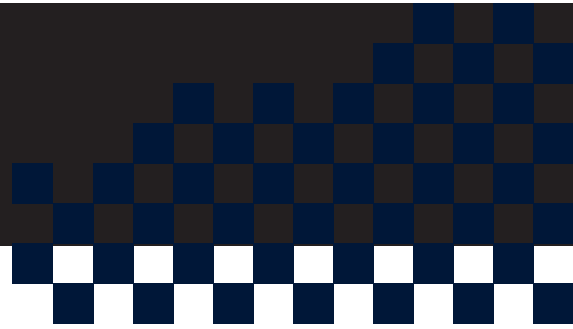


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SCORE SUBMISSION DUE: MONDAY, DECEMBER 16TH AT 8PM ET

WORKOUT 5

- ROUND 1
- ROUND 2
- ROUND 3
- ROUND 4
- ROUND 5
- ROUND 6
- ROUND 7
- ROUND 8
- ROUND 9
- ROUND 10

DEADLIFT (12)	HPC (9)	SH2OH (6)
12	21	27
39	48	54
66	75	81
93	102	108
120	129	135
147	156	162
174	183	189
201	210	216
228	237	243
255	264	270

MALE 1

TIME	
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FEMALE 1

TIME	
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WORKOUT 6

- ROUND 1
- ROUND 2
- ROUND 3
- ROUND 4
- ROUND 5

DEADLIFT (12)	HPC (9)	SH2OH (6)
12	21	27
39	48	54
66	75	81
93	102	108
120	129	135

MALE 2

TIME	
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FEMALE 2

TIME	
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TIME

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ATHLETE NAME:

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SIGNATURE:

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JUDGE NAME

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MALE 1

+

MALE 2

+

FEMALE 1

=

FEMALE 2

=

WOD 5
SCORE

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WOD 6
SCORE

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