



Qualifier 18.2

19:00 Uhr Thursday, 13. Sep until 22:00 Uhr Monday, 17. Sep

Qualifier presented by

foodspring
finest fitness food

Workout 18.2

50 Wall Ball Shots
40 Deadlift
30 Handstand Push-Ups
20 Bar Muscle-Ups

Men deadlift 80 Kg and
throw 9 Kg ball to 10-ft. target

9 Min AMRAP

Women deadlift 50 Kg and
throw 6 Kg ball to 9-ft. target

NOTES

Prior to starting, the athlete will need to measure and mark a 36-inch wide and 24-inch deep box on the floor for the handstand push-up. They will also need to mark the required height on the wall or wall-ball target. This workout begins with the wall ball on the floor and the athlete standing tall.

At the call of "3, 2, 1 ... go," the athlete will perform 50 wall ball shots, then move to the barbell to complete 40 deadlifts, then to the wall for 30 handstand push-ups, then to the pull-up bar to complete bar muscle-ups. If 20 bar muscle-ups are completed, the athlete will move back to the wall ball to begin another round.

The athlete's score will be the total number of repetitions completed within the 9-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. Upon completion of 30 handstand push-ups, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your handstand push-ups. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: The tiebreak time must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your gender
- Collars
- A medicine ball of the appropriate weight for your gender
- A wall mark or target set at specified height for wall-ball shots
- A floor marks for the handstand push-ups
- Pull Up Bar

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring of the height, width and depth of the handstand push-up markers, the height of the wall-ball target and the weight of the ball so all loads and measurements can be seen clearly. 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.

We advise to use [WODProofApp](#) for the capturing of your Qualifier!



Qualifier 18.2

19:00 Uhr Thursday, 13. Sep until 22:00 Uhr Monday, 17. Sep

Qualifier presented by



MOVEMENT STANDARDS



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 off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.



This is a traditional **deadlift** with the hands outside the knees. Sumo deadlifts are not allowed.



Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing.



Qualifier 18.2

19:00 Uhr Thursday, 13. Sep until 22:00 Uhr Monday, 17. Sep

Qualifier presented by



MOVEMENT STANDARDS



Every repetition of the **handstand push-up** begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms.



At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement but must touch above the wall at the beginning and end of each rep. While the palm of the hands must stay within the width of the box marked on the ground, the fingers may extend past the line. Kipping is allowed.



In the **bar muscle-up**, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



Qualifier 18.2

19:00 Uhr Thursday, 13. Sep until 22:00 Uhr Monday, 17. Sep

Qualifier presented by



Workout 18.2

- 50 Wall Ball Shots
- 40 Deadlift
- 30 Handstand Push-Ups
- 20 Bar Muscle-Ups

- 9 Min AMRAP

Rounds	Wall Ball (50)	Deadlift (40)	HSPU (30)	BMU (20)
1	50	90	120 Time	140
2	190	230	260 Time	280

Men deadlift 80 Kg and throw 9 Kg ball to 10-ft. target
 Women deadlift 50 Kg and throw 6 Kg ball to 9-ft. target

Total Reps



Athlete Name _____ Total Reps _____
Print Name

Affiliate _____ Judge _____ Has Judge passed Yes / No
Name of Affiliate Print Name Initial Online Judges Course?

I confirm the information above accurately represents my performance for the workout. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

Athlete Name _____ Total Reps _____
Print Name

Affiliate _____ Judge _____ Has Judge passed Yes / No
Name of Affiliate Print Name Initial Online Judges Course?