

ONLINE QUALIFIER – ALL DIVISIONS

Friday, 4th June 2021 (9am) until Saturday, 26th June 2021 (9pm)

This workout consists of two 5 minutes AMRAP with 1 minute rest in between and has to be done by each team member individually. Try to do as many repetitions as possible. **Scores and videos have to be submitted by Saturday 26th June at 9pm.**

„KETTLE KONG“

AMRAP 5'

- 5 kb deadlifts
- 5 kb shoulder to overhead
- 5 kb step back lunges
- 15 jumping squats

Then, rest 1 minute before...

AMRAP 5'

- 40 jumping squats
- 20 kb step back lunges
- 15 kb shoulder to overhead
- 10 kb deadlifts

NOTES

Begin with the athlete standing tall, not touching any equipment, the wall or ground. At the call of "3, 2, 1 ... go!" the athlete may perform as many reps and rounds as possible of the first AMRAP of deadlifts, shoulder to overhead, step back lunges and jumping squats. After the first AMRAP, the athlete has to rest for one minute before starting the second AMRAP. Attention, in the second AMRAP the order and rep-scheme is different. The weights stay the same. Again, the goal is to achieve as many reps and rounds as possible in both 5-minute parts.

The Athlete does not have to go unbroken during the single movements. Rest as much as needed.

There is no tiebreak for this workout.

WEIGHT AND HEIGHT

Women

- RX 2 x 20 kg kettlebell
- Intermediate 2 x 16 kg kettlebell
- Scaled 2 x 12 kg kettlebell

Men

- RX 2 x 28 kg kettlebell
- Intermediate 2 x 24 kg kettlebell
- Scaled 2 x 16 kg kettlebell

EQUIPMENT

- Two kettlebells with the appropriate weight
- No grip enhancements straps

SCORES AND VIDEO

- Your score will be the total amount of repetitions of both AMRAP and of both team members combined
- The team captain will be asked to submit a single team score but a video of each team member to competitioncorner.net
- At the beginning of each video specify the equipment and the weights used during the workout (by showing them in the video)
- **ALL VIDEOS MUST BE RECORDED WITH THE "WODPROOF" APP**
- All videos must be uncut and unedited
- Scores and videos have to be submitted by Saturday 26th June at 9pm

“KETTLE KONG”
AMRAP 5'

5 kb deadlifts
 5 kb shoulder to overhead
 5 kb step back lunges
 15 jumping squats

Then, rest 1 minute before...

AMRAP 5'

40 jumping squats
 20 kb step back lunges
 15 kb shoulder to overhead
 10 kb deadlifts

Women RX 2 x 20 kg kettlebell
 Women IM 2 x 16 kg kettlebell
 Women SC 2 x 12 kg kettlebell

Men RX 2 x 28 kg kettlebell
 Men IM 2 x 24 kg kettlebell
 Men SC 2 x 16 kg kettlebell

Please make sure your effort will be credited!

- Use the “**WODPROOF**” App to record your workout
- Read the workout flow and movement standards carefully and make sure you fully understand them
- At the beginning of each video specify the equipment and weights
- Use a 45° angle position to record your workout

Total Reps _____

AMRAP 5'			
5	5	5	15
deadlift	shoulder to overhead	w. step back lunge	jumping squat
5	10	15	30
35	40	45	60
65	70	75	90
95	100	105	120
125	130	135	150
155	160	165	180
185	190	195	210
Total Reps:			

1' REST

AMRAP 5'			
40	20	15	10
jumping squat	w. step back lunge	shoulder to overhead	deadlift
40	60	75	85
125	145	160	170
210	230	245	255
Total Reps:			

If you are experiencing any difficulty submitting your score and video, please send an e-mail to: mario@toughandrough.ch

MOVEMENT STANDARDS

Double kettlebell deadlifts

The rep begins with the kettlebells on the floor and outside of your feet. Lift the kettlebells up until the hips and knees reach full extension, and the head, shoulders, hips and knees are in line. Hold one kettlebell in each hand. The arms must be straight throughout. No bouncing.

Double kettlebell step back lunges

The rep begins from the top, with knees and hips extended, feet in line and the kettlebell on or outside your shoulders. Your hands have to stay on the handles of the kettlebells the entire time. These are step back lunges in place. No walking lunges. The trailing knee must make contact with the ground at the bottom of each lunge. The weight must remain on or outside your shoulders for the duration of the repetition. The rep ends with the weight still in the required position and the athlete standing tall with the hips, knees fully extended and the feet in line.

Double kettlebell shoulder to overhead

The rep begins from the top, with knees and hips extended, feet in line and the kettlebell on or outside your shoulders. Lift the kettlebells from your shoulders to an overhead position in one motion. Strict press, push press, push jerk or split jerk is allowed. At the end position of this lift, the arms, hips and knees have to be fully extended with the kettlebells over or slightly behind of the center of the body and feet in line. Both kettlebells have to be overhead at the same time.

Jumping squats

The rep begins with the athlete standing tall, hips and knees fully extended. At the bottom of the squat, the hip crease must clearly pass below the top of the knees. After reaching the required depth in the squat, propel the body up and off the floor, extending through the legs. With the legs fully extended, the feet must be off the floor clearly visible.

SCORE AND VIDEO SUBMISSION RULES

Athletes who wish to qualify for and compete at TOUGH'N'ROUGH **must upload a video link along with the workout score submission of both athletes**, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top 20 (RX and Intermediate) or the top 10 (Scaled) of each Division and WOD. The TnR team reserves the right to correct the scores if needed.

Make sure your video is valid! Our recommendations to do so:

- **ALL VIDEOS MUST BE RECORDED WITH THE “WODPROOF” APP**
- Read the workout flow and movement standards carefully and make sure you fully understand them
- We recommend the use of a judge. Judging is not just counting reps. It is your judge's responsibility to inform you if you do not meet the movement standards and no-rep you
- Take into account that we might review your videos
- Upload the video on YouTube, Vimeo or to a similar platform. Whichever works best for you. Do not forget to set your video public when you publish it
- Be aware of copyrights on music in the background. It is possible that you will not be able to publish a video or that is blocked after your upload
- All videos must be uncut and unedited

At the beginning of each video, specify your team name, the workout you are doing, the equipment and the weights used during the workout (by showing them in the video). It is your responsibility to position the camera correctly. This means: timer, athletes, equipment and movement must be clearly visible throughout the whole workout. Also, it has to be possible to evaluate if the movement standards have been met.

We will be extremely rigorous in reviewing the videos and we expect athletes to uphold the highest standards in performing movements. There are four possible outcomes in the judging and scoring of online video submissions:

• **Good Video**

The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.

• **Valid with Minor Penalty**

Over the course of the video, the athlete demonstrates a small number of “no-reps” (not more than or equal to 5% of the total rep count) that resulted in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made of the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

• **Valid with Major Penalty**

Over the course of the video, the athlete demonstrates a significant number of “no-reps” (all above 5% and lower or equal to 20% of the total rep count) that resulted in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

• Invalid

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s and team’s score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout. It is the athlete’s responsibility to submit a new video and score as soon as possible. No late submissions will be accepted.

SUPPORT

If you are experiencing any difficulty submitting your score and video, please send an e-mail to mario@toughandrough.ch