



Battle the Beach 2019
Final

Event 3 Individual





Event 3 RX Individual M / F

0-2 min

Max Reps Beachanchor-Flips

(Male: 85 kg / Female: 65 kg)

2-3 min Transition/REST

3-9 min complete:

30 alt. DB-Snatch (Male: 22.5 kg / Female: 15 kg)

20 Pullups

15 DB-Snatch (Male: 30 kg / Female: 22.5 kg)

5 Ropeclimbs

9-10 Min Transition/REST

10-12 min

Max Reps Beachanchor-Flips

(Male: 85 kg / Female: 65 kg)

Score A = Total Reps Beachachor Flips

Score B = Time Part B



NOTES

This workout begins with the Individuals standing on the starting plate (black mat). It is a running clock workout.

After the call of “3, 2, 1... go,” the Athlete may start performing as much repetitions of Beach anchor flips as possible within 2 minutes (0-2 Min). After the stop signal, the Athlete may rest one minute.

After the next call of “3, 2, 1... go,” the Athlete may start doing 30 DB Snatches, then performing 20 Pullups. The athlete then moves on to perform 15 DB Snatches followed by 5 Ropeclimbs (3-9 Min). After the stop signal, the Athlete may rest one minute. The Score is the time needed to finish the workout. The time will be taking after the Athlete touches the target the 5th time.

After the call last of “3, 2, 1... go,” the Athlete may start doing as much Beach anchor flips for another 2 minutes as possible (10-12 Min).

Score A for Event 3 is the total number of valid beach anchor flips (repetitions).

Score B of Event 3 is the time needed to perform the middle part of the workout. If an athlete gets time capped, the number of invalid/unfulfilled repetitions is added to the time of 6 minutes. One repetition equals 1 second.

Movement Standards

Beach anchor Flips

The Athlete may lift the beach anchor in any possible way by only touching the beach anchor in between the weights (the middle part of the anchor). The repetition is valid when the beach anchor touches the other side of the ground. Pushing the beach anchor by knees or feet is strictly prohibited.

alternating DB Snatches

The Dumbbell Snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, both heads of the dumbbell have to touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each valid repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. Switching hands can be performed at any height on the downward movement.

At the top, the arms, 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. The Athlete may choose to do a split style snatch. However, both feet must return and be in line under the Athlete’s body while the dumbbell is locked out overhead for the repetition to count.



Pullups

This is a standard chin-over-bar Pullup. Starting from dead hang position. Kipping or Butterfly Pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground.

At the top of the movement, the chin must break the horizontal plane of the bar. Athletes may wear hand protection (gymnastics-style grips, gloves, etc.) but they may not tape the bar.

Pull Ups must be performed while athletes are facing the tribunes, looking towards the Baltic sea will cause a No-Rep.

Ropeclimbs

Athletes may use their legs for assistance during the climb. At the top, one hand must touch the target clearly visible. There will be no line to be reached on the way down.