

# **Austrian Throwdown Qualifier**

## **Workout 1 “Masters”**

8 min AMRAP

2-4-6-8-10-...

Front Squats (60/35)

Shoulder 2 Overhead (60/35)

bar facing Burpees

### **Workout Flow**

On the call "3,2,1,Go" the athlete starts with 2 Front Squats, 2 Shoulder 2 Overhead and 2 bar facing Burpees. After completing this round the athlete repeats the same procedure with 4 reps of each movement, then 6, 8 and so on until he/she reaches the 8 min time cap. The score for this workout is the total amount of reps completed within the 8 min time cap.

### **Standards**

Front Squat:

A regular Front Squat with hip crease below the knee cap and elbows not touching the knees in the bottom position. To finish the movement a full lockout of hips and knees is required. Cleaning the first rep is permitted.

The athlete is allowed to keep the bar on his/her shoulders after the last front squat and start immediately with the first Shoulder 2 Overhead.

Shoulder 2 Overhead:

A Shoulder 2 Overhead starts with the bar resting on your shoulders and ends with the bar overhead in one line with the body with full lockout at knees, hips and elbows before lowering the bar for the next rep. Any style of Shoulder 2 Overhead movement is allowed.

bar facing Burpee:

For the bar facing Burpee the athlete has to perform a Burpee facing the bar with hips and chest completely on the floor before going up. Any style of Burpee is allowed. The jump over the bar has to be with both feet leaving the ground at the same time - and landing with both feet at the same time. Landing with your body not facing the bar is allowed.