

ATD 2022 – Qualifier



WOD 3

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For Time:	"On the call 3,2,1 go the Athletes starts with 30 DB Thruster and 30 Chin over Bar Pull Ups. The athlete continues with 20 DB Thruster and 20 Chest to Bar Pull Ups and finishes the Workout with 10 DB Thruster and 10 Bar Muscle Ups.
30 db thruster	
30 Pull Ups	
20 db thruster	
20 Chest 2 Bar Pull Ups	Weight for the Dumbbell Thrusters is 22,5 kg for the men and 15 kg for the women.
tie break	This Workout is for time with a 9 minute Time Cap."
10 db thruster	
10 Bar Muscle Ups	
(2x22,5/15)	

DUMBBELL THRUSTER

Starting Position

- Bottom of squat with dumbbells in contact with the shoulders, supported by the hands.

End Position

- Overhead lockout

REP REQUIREMENT

- Dumbbell is moved in one fluid motion from bottom of squat to overhead position.
- Maintaining extended knees and hips after the object has left the front rack and until object is supported overhead with locked elbows.

CHIN OVER BAR PULL UP

Starting Position

- Vertical hang with extended arms from horizontal bar.

End Position

- Bottom plane of the chin breaks the top horizontal plane of the bar.

CHEST 2 BAR PULL UP

Starting Position

- Vertical hang with extended arms from horizontal bar.

End Position

- Chest (starting underneath the collarbone) in contact with the horizontal bar.

BAR MUSCLE UPS

Starting Position

- Vertical hang with extended from horizontal bar.

End Position

- Vertical support.

REP REQUIREMENT

- No portion of the body below the thighs can move over the top horizontal plane of the bar.
- Must be a muscle-up movement with both hands on the bar at all times.

Note:

- The athlete may not rest on top of horizontal bar in any other way than vertical support or without having both hands on the bar.