

## ONLINE QUALIFIER EVENT 4+5

### *Duality*

2020.02.07 12AM – 2020.02.13 5PM PST



ATHLETE NAME: \_\_\_\_\_

DIVISION: \_\_\_\_\_

### Duality PT.1

*0-8 Minutes: 8 Minutes To Establish*

**1 Rep Max Shoulder to Overhead**

**- 1 MINUTE TRANSITION -**

### Duality PT.2

*9-27 Minutes: 18 Minute Time Cap*

**80 Thrusters 75/55lb**

**60 Toes To Bar**

**40 Handstand Push Up**

### Variations:

Scaled/Teens14-15/Masters 60+:

80 Thrusters 55/45lb

60 Hanging Leg Raises

40 Hand Release Push Ups

### Pound to Kilo Conversion:

70/55lb → 34/25kg

55/45lb → 24/20kg

### Event Description:

On a 27 minute clock, the athlete will begin event #4. They will have 8 minutes to establish a 1 rep max shoulder to overhead from the rack. The athlete may have the bar pre-loaded before the clock starts, but they must state the weight before they lift it. The athlete can take as many attempts as they want in the allotted 8 minutes. Once the 8 minutes is up, event #4 is over. There will be a 1 minute transition before event #5. At the 9 minute mark, event #5 will start. It is an 18 minute time cap which means the clock will go until the 27 minute mark. At the 9 minute mark the athlete will pick the bar up and begin their set of 80 thrusters. After 80 thrusters is completed, they will move to the pull-up bar to perform 60 toes to bar, and then to the wall for 40 handstand push-ups. If they complete the work before the 18 minute time cap, the athlete will be scored a time for event #5. If they do not complete the work before the 18 minutes, the athlete will be scored an amount of repetitions.

### Scoring:

Event Four: the score is your heaviest successful attempt.

Event Five: the score is the time it took you to complete the work or cap+reps.

**\*\*Intermediate/Scaled division: If you are unable to complete the intermediate workout, you must check the modified box when entering your score. This does NOT apply to the Elite division\*\***

### Video Standards:

**\*\*YOUTUBE IS THE ONLY ACCEPTED VIDEO FORMAT\*\***

If you are intending to qualify for the Main Event you will be asked for a video submission at the conclusion of the qualifier. To avoid having to redo a workout, please ensure you film your workouts at the time of completion. If you have a Smartphone, the app "WodProof" is highly recommended. 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 seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Please be sure you have enough battery life, memory and time to upload your video. You may need to increase the limit on your YouTube in order to allow a longer video. If an athlete qualifies to compete on-site at the CanWest, they will be asked to submit workouts chosen by The CanWest Judges team.

PRESENTED BY:



## Movement Standards:

### Shoulder to Overhead

- Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead.
- A shoulder press, push press, push jerk or split jerk may be used, if the elbows, shoulder, hips and knees are fully extended. The bar must finish directly over the body with the feet in line.
- Using a rack is permitted.
- Lifting the bar off the back rack is not permitted.

### Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead.
- The bar must start from the ground. No racks are allowed. Jerking the bar is not permitted. Any type of re-dip will result in a "no rep".
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is allowed on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body.

### Toe to Bar

- Athletes must start from a full hang with arms fully extended and feet off the ground.
- At the top of the rep, both feet must meet the bar at the same time between the hands.
- At the bottom of the rep, both feet must clearly come behind the vertical plane of the bar and athlete's body. Pronated, supinated, or switch grip is allowed.

### Hanging Leg Raise

- Arms and hips must be fully extended at the bottom and feet must be brought behind the bar.
- Heels must be elevated to clearly cross the horizontal plane of the hip crease.
- Legs can be straight or bent if the movement standards are met.
- At the bottom of the rep, both feet must clearly come behind the vertical plane of the bar and rest of the athlete's body.
- Pronated, supinated, or switch grip is allowed.

### Handstand Push Up

- The handstand push-up begins and ends at the top of the handstand with the arms fully locked out, heels in contact with the wall, hips open and body in line with the arms.
- There must be a pre-marked box on the floor of 36" wide, and 24" deep. The palm of the hands must remain inside the box on the ground through the entire repetition.
- At the bottom of the rep, the head must contact the ground. Kipping is allowed during this movement, if the movement standards are met.

### Hand Release Push Up

- A straight body position must be maintained throughout the push-up. No snaking, sagging, or pushing up from the knees is allowed.
- Elbows must be locked out at the top with the feet no wider than shoulder width.
- In the bottom, chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.
- Feet must remain on the ground while performing the repetition.

PRESENTED BY:



ONLINE QUALIFIER EVENT 4+5



**Lift HEAVY Move FAST**

2020.01.24 12AM – 2020.01.30 5PM PST

ATHLETE NAME: _____
DIVISION: _____

**Duality PT.1**

0-8 Minutes: 8 Minutes To Establish 1 Rep Max Shoulder to Overhead

**- 1 MINUTE TRANSITION -**

**Duality PT.2**

9-27 Minutes: 18 Minute Time Cap

- 80 Thrusters 75/55lb
- 60 Toes To Bar
- 40 Handstand Push Up

**Variations:**

Scaled/Teens14-15/Masters 60+:

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1 REP MAX SHOULD TO OVERHEAD	
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	
Attempt 5	
Attempt 6	
Attempt 7	
Attempt 8	
Attempt 9	
Attempt 10	
<b>HEAVIEST SUCCESSFUL ATTEMPT:</b> _____	

FOR TIME: 18 Minute Cap		
		Reps
80 Thrusters		<b>80</b>
60 Toes To Bar		<b>140</b>
40 Handstand Pushups		<b>180</b>
Time to Complete OR Total Reps at Cap		

Heaviest Weight: \_\_\_\_\_ Time To Complete: \_\_\_\_\_ Total Reps: \_\_\_\_\_ **Check the box if the Athlete modified**

Judges Name: \_\_\_\_\_ Judges Signature: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Workout Location: \_\_\_\_\_

PRESENTED BY:

