

MOTION STANDARDS



# EQ 22.1 MOTION STANDARDS

INDIVIDUAL MEN-WOMEN  
ELITE / MASTERS 35+ / MASTERS 40+ / U21  
MEN'S TEAMS

PRESENTED BY



TECHNICAL PARTNER



EVENT PRESENTED BY



## Workout EQ22.1

AMRAP 20 Minutes

5 Box Jump Overs

10 Toes To Bar

15m Dual DBs Front Rack Walking Lunges (2x7.5m)

Workout EQ22.1 Total Time Cap is 20 min.



## The First Qualifier is “EQ22.1”

This workout begins with the athlete standing tall and not touching any equipment... The rig and all equipment must be in full view.

At the call of “3, 2, 1 ... go,” the athlete will walk to the box, perform 5 box jump over, walk back to the pullup bar and perform 10 toes to bar and the athlete will lift the dumbbells to the shoulders and lunge forward with them for 7.5m, turn around and lunge back 7.5m.

The athlete’s score will be the total number of repetitions completed before the 20-minute time cap. Prior to starting, film the dumbbells to be used so the loads can be seen clearly.

Also film the measurement of the 7.5 m lunge area and the 2.5m intermediate segments.



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TIME TO PEAK



## Equipment:

*Below equipment applies for the following Divisions:*

Individual M/W Elite - 35+ - 40+ - U21 - Men's Teams

- **Box Height:** 60/50 cm (24/20')
- **Men Dumbbell Weight:** 2 x 22.5kg (50lbs)
- **Women Dumbbell Weight:** 2 x 15kg (35lbs)

## Equipment Notes:

Make sure you have the following equipment:

- Dumbbells of appropriate weight for your division
- Pull-up bar
- Measuring tape
- Tape or chalk to mark lunge area

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TIME TO PEAK

## Movement Standards



### *Box Jump Overs Standards*

- Two foot landing on the box, Both feet must reach the other side, stepping down is a must from the top of the box.
- There is no required to stand tall on the box.

### *Toes To Bar Standards*

- At the bottom, feet off the ground, arm straight and feet behind the vertical plane of bar.
- At top, both feet must contact the bar at the same time.

### *Front Rack Walking Lunges*

- The front rack walking lunge begins with the athlete standing tall with hips and knees at full extension, feet together.
- Dumbbells must be in the front rack position touching the shoulders
- Knee touches the ground at the bottom. While standing leg straight, hips extended, and torso vertical.

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TIME TO PEAK



## Video Submission

### Submission Standards:

Prior to start the workout film the dumbbells ,distance and Pullup bar used in the workout.

Before or after each lift, the athlete must state the weight and show the plates used. At the end of the workout, film the barbell being unloaded, and show the weight of the plates in order to clarify the actual heaviest load lifted.

Videos must be uncut and unedited to accurately display the performance.

Your judge and a clock or timer must be visible throughout the workout.

The clock or timer should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

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TIME TO PEAK

## Before starting each workout, the Athlete must do the following:

- Athlete must state name, Judge Name and affiliate/facility.
- All equipment used must be clearly displayed and measured (Weights, Barbells, plates.. ETC.)
- The Athlete, Judge, Timer, and Equipment that will be used must be visible inside the frame of the video during the whole time of the workout.
- You must make sure to read the description to be aware of details

## SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description, and submit your score in time. EQ22.2 Scores must be submitted before **Wednesday 24 August 2022, 20:00 GMT**. No latecomers will be accepted, no matter the reason. In case of questions regarding the workouts, contact [support@elfiteg.com](mailto:support@elfiteg.com). In case of questions regarding the score submission and login issues, contact [support@competitioncorner.net](mailto:support@competitioncorner.net)

**All Athletes must read carefully and follow the ONLINE SUBMISSION GENERAL GUIDELINES section in the ELFIT2022 Rules Book**

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