



EQ 22.4 MOTION STANDARDS

MEN - WOMEN ELITE / MASTERS 35+ / MASTERS 40+ / U21
MEN MASTERS 45+ / MEN'S TEAMS

PRESENTED BY



TECHNICAL PARTNER



OFFICIAL PARTNER



EVENT PRESENTED BY



Workout EQ22.4

AMRAP 12 Minutes

15 Calories Row
15m Handstand Walks

The Final Qualifier is “EQ22.4”

This workout begins with the athlete seated on the rower, their hands off the paddle, and the monitor set to zero calories.



At the call of “3, 2, 1 ... go,” the athlete will grab the handle and begin rowing. After completing 15 calories, the athlete will move to the line and begins the handstand walk performing 6 reps (1 handstand walk = 2.5m). The athlete will complete this sequence for 12 Minutes, before beginning each row, the monitor MUST be reset to zero.

The athlete’s score will be the total number of repetitions completed before the 12-minute time cap, In the handstand walk, each 2.5m section will count as 1 rep



Prior to starting the workout, The athlete will need to measure and mark lengths on the floor for the handstand walk (four lines on the floor each is 2.5m apart with a total of 7.5m), also make sure to have your camera set in a position that shows the rower screen as well as the marked floor clearly.

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ON OPTIMUM
NUTRITION
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TIME TO PEAK

Equipment:

Make sure you have the following equipment:

- Tape to mark the floor
- Concept 2 Rower

Important Notes:

- Concept 2 Rower is only allowed
- The handstand walk area must be divided into 2.5m segments visibly marked on the floor.
- 1 handstand walk = 2.5m
- Athletes can use wrist or elbow support

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Movement Standards

Row Standards

- The monitor on the rower must be set to zero at the beginning of each row.
- Athlete is not allowed to Accumulate Calories without resetting the rower monitor
- The athlete may have assistance resetting the monitor each round.
- The athlete must stay seated on the rower until the monitor reads 15 calories.
- If the athlete reaches the time cap on the rower, the number of calories completed when the rower comes o a rest will count (i.e., the rollover calories will count)



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Movement Standards



Handstand Walk Standards

- The handstand walk area must be divided into 2.5m segments visibly marked on the floor.
- The lane should have three consecutive segments, allowing a 7.5m walk in one direction and a 7.5m walk back. Walking more than 25 feet in one direction without turning around is not allowed.
- The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.
- If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 2.5m increment to earn credit for that distance. Each 2.5m section will count as 1 rep
- Athletes are not required to kick down after completing a segment.



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TIME TO PEAK

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Video Submission

Submission Standards:

Prior to starting, make sure to have your camera set in a position that shows the rower screen as well as the marked floor clearly.

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:

- Athletes must state their 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. EQ22.3 Scores must be submitted before **Wednesday 31 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. In case of questions regarding the score submission and login issues, contact 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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