

# German Teen Showdown 2023 - Qualifier Workout Description ENGLISH



## **ORBIT – Workout 1**

*All divisions*

*WOD 1 – Amrap 8 min - ORBIT*

*12-13*

*15 jumping jacks*

*3 burpee broad jumps (30 cm)*

*5 sit ups*

*14-15*

*18 single under*

*4 burpee broad jumps (40 cm)*

*6 knee raises*

*16-17*

*21 double under*

*5 burpee broad jumps (50 cm)*

*7 leg raises*

*18-19*

*24 double under*

*6 burpee broad jumps (60 cm)*

*8 toes to bar*

## **Notes**

*This workout is a 8-minute AMRAP and begins with the athlete standing (rope is on the ground). After the call of „3,2,1 ... GO“ the athlete begin with the first set of jumping jacks (or rope jumps – single under or double under). After completing the required amount of jumping jacks or rope jumps, the athlete can start with the burpee broad jumps. Once the athlete completes the required amount of burpees (different distances in each division), the athlete can stand up and begin with their first set of sit ups (knee raises, leg raises or toes to bar). After the athlete completes the last rep of their first set of sit ups (knee raises, leg raises or toes to bar), the athlete may begin the next round with jumping jacks (or rope jumps – single under or double under) and completes as many rounds as possible until the 8 minutes are over.*

*The 12-13 division only require a judge. The 14-15 division need a judge and a video (no submission required, please provide video only on request). For the athletes of the division 16-17 and 18-19 video submission and a judge is mandatory (Video submission via competition corner).*

## Score

The score will be the total number of reps completed in the 8 minute timeframe.

## Movement Standards

*Jumping Jacks: The jumping jack begins with the athlete standing upright with feet together and arms at the sides. With a two-foot takeoff, athletes must jump both feet out while reaching up to touch hands together overhead. Stepping out is NOT permitted. The rep is completed when the athlete jumps back and lands in the starting position.*

*Single under: This is the standard single under in which the rope passes under the feet once on each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.*

*Double under: This is the standard Double-Under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.*

*Burpee broad jumps: The athlete jumps or steps back to lie on the ground. The chest and thighs must touch the ground at the bottom. From this position the athlete can step or jump to their feet. From this position the athlete can jump over the gap. The rep is credited when both feet have touched the ground on the other side. The athlete is not allowed to touch the tape with his hands while laying on the ground or with his feet while jumping. Full extension of the hip is not required.*

*Sit ups: The athlete must begin with the back in contact with the floor, feet anchored and hand touching the floor above the head. The rep is credited when the hands touches the floor in front of the feet. AbMats are permitted but not required.*

*Knee raises: The athlete must begin by hanging from the pull-up bar with arms extended. His heels must be brought back behind the bar. Overhand, underhand or mixed grips are all permitted. The rep is credited when the athlete's knees rise above the hips. Each new rep begins with heels behind the the bar.*

*Leg raises: The athlete must begin by hanging from the pull-up bar with arms extended. Their heels must be brought back behind the bar. Overhand, underhand or mixed grips are all permitted. The rep is credited when the athlete's feet rise above the hips. Each new rep begins with heels behind the bar.*

*Toes to bar: The athlete must begin by hanging from the pull-up bar with arms extended. Their heels must be brought back behind the bar. Overhand, underhand or mixed grips are all permitted. The rep is credited when the athlete's feet touch the pull-up-bar at the same time. Each new rep begins with heels behind the bar.*

## Required equipment

- Jump rope
- AbMat (not necessary)
- Tape for the broad jump + measuring tape
- Pull-up-Bar
- Grips are allowed

## ***Video submission standards (only relevant for 14-15, 16-17 and 18-19 divisions)***

*Introduce yourself before the start (name and gym if any) and film all your equipment. You also need a measuring tape to show the gap for the burpee broad jumps.*

*All video submissions should be uncut and unedited in order to accurately display the complete performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. (You can use for example the app „WeTime“ or „WodProof“)*

*Videos shot with a fisheye lens or similar lens will be rejected due to the visual distortion these lenses cause. Upload the video to any portal and set the video link in the given field or the „Competition Corner“ score submission system.*

*Remember:*

- You must submit a valid video link of your video with your submission of your score*
- You must make sure that the video can be watched (e.g., copyright issues on YouTube due to background music)*
- You must make sure to read the description and be aware of details.*
- You must make sure that your video is high enough quality that your score can be accurately judged.*

*You can enter your score till 23.12.2022 11:59 pm (MEZ).*