



## ZENITH – Workout 2

All divisions

WOD 2 – EMOM (no TC) - Zenith

Death by OHS - EMOM Style

12-13 (pvc)

4\*8 m shuttle run

1 OHS (+1 OHS every min)

14-15 (Just the barbell 20kg/15kg)

4\*8 m shuttle run

1 OHS (+1 OHS every min)

16-17 (30/20kg Barbell)

4\*8 m shuttle run

1 OHS (+1 OHS every min)

18-19 (42,5/30kg)

4\*8 m shuttle run

1 OHS (+1 OHS every min)

### Notes

The workout is a Death by EMOM - Style with no time cap. The workout starts with the athlete standing on the top of the starting lane for the shuttle runs. The PVC pipe (or barbell) is lying parallel to the shuttle run lane. After the call of „3,2,1 ... GO“ the athlete starts with running to complete the four shuttle runs. After the athlete finishes one shuttle run (8 meter), the athlete must be completely behind the line and touch the ground. Then the athlete can run back until he finishes his 4 runs. After the last run the athlete doesn't have to touch the ground. After completing all runs the athlete may grab the PVC pipe (or barbell) and start with their amount of overhead squats (first minute one, second minute two and so on...). When all overhead squats are complete, the athlete may go back to the starting lane for the shuttle runs and wait until the minute is over to begin their next interval.

If the athlete cannot finish the allotted amount of overhead squats by the end of the minute the workout is finished.

The 12-13 division required a judge only. The 14-15 division needs a judge and a video (submission of 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 until the athlete cannot complete the required number of overhead squats in the minute.

## ***Movement Standards***

*Shuttle run: Each rep of the shuttle run is one lane (8 meter). 4 shuttle runs are 32 m long (4 lanes). Each rep starts with the athlete's feet clearly behind the top of the starting line. At each turnaround, both feet and one hand must touch the ground over the line before the athlete returns. Stepping on or touching the line does not count. On the final shuttle run, the athlete must simply pass the line to begin their overhead squats.*

*Overhead squat: The pvc pipe / bar must begin on the ground. Squat racks are not permitted. A full squat snatch is permitted but not required to start the movement if standard depth is achieved. Once the bar is in the overhead position, the athlete's hip crease must pass below parallel (the top of their knees at the bottom). The barbell must remain overhead until the lockout position is achieved, hips fully extended. The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Athletes may NOT receive assistance moving or resetting their pvc/barbell.*

## ***Required equipment***

- *Tape to mark the floor for the 8 m segment*
- *Pvc-pipe, wooden stick, barbell – 20kg/15kg*
- *Weights and collars (needs to be on the bar at the workout all the time)*

## ***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 to film ALL competition area measurements so the distances and the weights can be seen clearly.*

*All video submissions should be uncut and unedited in order to accurately display the 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 to 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).*

