



BATTLE 2 WORKOUT 5 DESCRIPTION



17:00 PT, THURSDAY, AUGUST 22, THROUGH 17:00 PT, MONDAY, AUGUST 26

Shoulder Smoulder - workout and workout variations

RX	SCALED
Part A 21-15-9: Overhead squats Handstand push ups Followed immediately by: Part B 21-15-9: Single arm overhead squats with dumbbell 5 meter handstand walk (14 minute time cap)	Part A 21-15-9: Overhead squats Hand release knee push ups Followed immediately by: Part B 21-15-9: Single arm front squats with dumbbell 5 meter bear crawl (14 minute time cap)
Weights	Weights
Male 13-14: 55lb. (25kg) barbell 25lb. (10kg) dumbbell Male 15-16: 65lb. (30kg) barbell 35lb. (15kg) dumbbell Male 17-18: 90lb. (40kg) barbell 45lb. (20kg) dumbbell Female 13-14: 45lb. (20kg) barbell 20lb. (8kg) dumbbell Female 15-16: 55lb. (25kg) barbell 25lb. (10kg) dumbbell Female 17-18: 65lb. (30kg) barbell 35lb. (15kg) dumbbell	Male 13-14: 35lb. (15kg) barbell 20lb. (8kg) dumbbell Male 15-16: 45lb. (20kg) barbell 25lb. (10kg) dumbbell Male 17-18: 55lb. (25kg) barbell 35lb. (15kg) dumbbell Female 13-14: 20lb. (8kg) barbell 10lb. (5kg) dumbbell Female 15-16: 20lb. (8kg) barbell 20lb. (8kg) dumbbell Female 17-18: 35lb. (15kg) barbell 25lb. (10kg) dumbbell



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Movement Standards

Workout 5 of the Teenage International Championships is another 2 part workout. Athletes must complete part A and part B within the 14 minute time cap. Part A is 21-15-9 overhead squats and handstand push ups, or hand release push ups for scaled athletes. Once part A is complete, the athlete may move straight into part B, which is 21-15-9 single arm dumbbell overhead squats or single arm dumbbell front squats for scaled athletes, and a 5 meter handstand walk, or 5 meter bear crawl for scaled athletes.

At the call of 3, 2, 1, go, the athlete may begin. For each repetition of the overhead squat, the hip crease must pass below parallel at the bottom of the repetition. A full squat snatch is permitted but not required to start the movement provided standard depth is achieved. The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. The bar may not be taken out of the rack. Prior to the start of the workout, RX athletes must establish the foot height for the handstand push ups. To set the height, measure from the athlete's elbow to his or her middle knuckle. The athlete will stand at full extension with their back against the wall and feet directly under their hips. Measure from the top of the athlete's head to ensure that at least one half of the elbow to knuckle measurement is between the athlete's head and the foot line.

Each repetition of the handstand push ups BEGINS AND ENDS at the top of the handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. At the bottom, the athlete's head

makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the pre-marked target line at the beginning and end of each repetition.

Scaled athletes will perform hand release knee push ups. During the hand release knee push ups, a straight body must be maintained throughout, with no snaking or sagging. The elbows must be locked out at the top with the knees no wider than shoulder width. At the bottom, the chest must come into contact with the ground and the hands must be lifted completely off the ground.

The athlete's score for part A is the time at which he or she completes all the work OR the total amount of repetitions accumulated within the 14 minute time cap. If the athlete reaches the cap during part A, they will not have a chance to complete part B.

For each repetition of the single arm overhead squat, the hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved. At the top of the movement, the dumbbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the dumbbell directly over the middle of the body. The athlete may alternate arms as desired. Arms may not come into contact with any part of the body during the repetition.

Scaled athletes may rest the dumbbell in the front rack position, but the dumbbell must stay in contact with the shoulder throughout the repetition.



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Prior to starting the workout, the handstand walk or bear crawl area must be divided into 1 meter segments visibly marked on the floor. The lane will have five consecutive segments, allowing a 5 meter walk in one direction.

The athlete must start with feet behind the mark denoting the start of the segment being attempted, and when kicking up, both the entire hands, including palms and fingers must also start behind the line. If at any time the athlete comes down from the handstand, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5 meter increment to earn credit for that distance. Each meter will count as 1 repetition.

Scaled athletes will complete a bear crawl, where only the hands and feet may come into contact with the ground. Both hands AND feet must cross the line marking the 5 meter increment to earn credit for that distance.

The athlete's score for part B is the time at which he or she completes all the work OR the total amount of repetitions accumulated within the 14 minute time cap.

Scores will be entered separately as workout 5 part A and workout 5 part B.

Video Submission Standards

Prior to starting, film all equipment to be used so the loads 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. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Equipment

- Barbell
- Plates to load to the specified weight for the athlete's division
- Collars
- Dumbbell of the specified weight for the athlete's division
- Tape measure
- Tape



BATTLE 2 **WORKOUT 5** SCORECARD (ALL)



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RX

Part A

21-15-9:
Overhead squats
Handstand push ups

Followed immediately by:

Part B

21-15-9:
Single arm overhead squats
with dumbbell
5 meter handstand walk

(14 minute time cap)

SCALED

Part A

21-15-9:
Overhead squats
Hand release knee push ups

Followed immediately by:

Part B

21-15-9:
Single arm front squats with
dumbbell
5 meter bear crawl

(14 minute time cap)

Reps	Overhead squats	Handstand push ups
21	21	42
15	57	72
9	81	90

Reps	Single arm overhead squats	5 meter handstand walk
21	21	26
15	41	46
9	55	60

ATHLETE NAME _____ TOTAL SCORE PART A _____ TOTAL SCORE PART B _____
Print

AFFILIATE _____ JUDGE NAME _____
Name of affiliate Print Initial

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RX

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SCALED

I confirm the information above accurately represents my performance for the workout. _____
Athlete signature Date

Affiliate copy

Athlete copy

ATHLETE NAME _____ TOTAL SCORE PART A _____ TOTAL SCORE PART B _____
Print

AFFILIATE _____ JUDGE NAME _____
Name of affiliate Print Initial

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RX

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SCALED