



Finals 21.9 Masters & Teens Throwdown 2021

Saturday 8 May 07:00hrs till
Sunday 16 May 23:59hrs (CET)

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21.9 – “Burn your Engines”

For time – Time cap 6 minutes

1 round of

Calorie row
40 Lateral Burpees over the rower
40 Deadlifts

Variations*

Calorie Row					
	Rx'd	Scaled		Rx'd	Scaled
G12	20	15	B12	30	20
G14 - G20	30	20	B14 - B20	40	30
F35 - F50	30	20	M35 - M50	40	30
F55 - F65+	20	15	M55 - M65+	30	20

Burpees over the rower
RX'd Teens 12-13 / RX'd Masters 55+ /
Scaled divisions may step over the rower

Deadlift RX'd					
	Kg	LBS		Kg	LBS
G12	30	66	B12	40	88
G14	35	77	B14	50	110
G16	45	99	B16	60	132
G18 - G20	55	121	B18 - B20	70	154
F35 - F40 - F45	55	121	M35 - M40 - M45	70	154
F50 - F55	45	99	M50 - M55	60	132
F60 - F65+	35	77	M60 - M65+	50	110

Deadlift Scaled					
	Kg	LBS		Kg	LBS
G12	20	44	B12	30	66
G14	25	55	B14	35	77
G16	30	66	B16	45	99
G18 - G20	40	88	B18 - B20	55	121
F35 - F40 - F45	40	88	M35 - M40 - M45	55	121
F50 - F55	30	66	M50 - M55	45	99
F60 - F65+	25	55	M60 - M65+	35	77

Equipment preparation

- Connect Concept2 Rower to WODProof (see video requirements document)
- Barbell & plates, with appropriate weight for your age group & division.

Video submissions

- All athletes
- See requirements in separate document

Workout notes*

The workout starts with the athlete on the rower with the hands on the knees. On the count of 3, 2, 1, GO... the athlete may grab the handle and starts rowing.

When the display on the rower says 40/30/20/15 calories, the athlete moves on to the lateral burpees over the rower.

After 40 Burpees over the rower the athlete moves over to the barbell to perform 40 Deadlifts.

* [read movement standards carefully](#)

The workout stops

1. When set of 40 DL's is completed. Note your time.
2. When clock reaches 6:00min

Scoring: The athlete's score is the **time** noted after having completed the prescribed workout.

If athlete does not finish within the time cap, the score will be the **total number of reps** performed.



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For time

40/30/20/15 cal row
40 Lateral Burpees over the rower
40 Deadlifts

Time cap 6 minutes

Variations

[See workout description](#)

Cal row	40/30/20/15
Burpees	80/70/60/55
Deadlifts	120/110/100/95

Athlete name _____

Judge name _____

I confirm the scores accurately represent the athlete's performance for this workout.

Athlete's signature

Date

Time

Reps completed

Movement standards	
Calorie row	<ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=fxfhQMbATCw • Prior to starting, the athlete sits on the rower with the hands on the knees, not touching the handle. On the count of 3, 2, 1, GO... the athlete may grab the handle and starts rowing.
Lateral Burpees over the rower	<ul style="list-style-type: none"> • Burpees must be performed laterally over the rower, with your body parallel with the rower • Athlete may jump or step back to reach the bottom position. • Chest and thighs need to touch the ground • Hands and feet must remain inside shoulder width • Stepping and/or jumping back to the starting position are both permitted • Must jump over the rower using a two-foot take-off. Single-legged jumping or stepping over is not permitted. • RX'd Teens 12-13 / RX'd Masters 55+ / Scaled divisions may step over the rower • The rep is credited when both feet have touched the ground on the opposite side of the rower. No need to land with both feet at the same time. • Athlete must be parallel with the rower to start next rep • If a "no rep" is received for any reason, the entire rep must be repeated
Deadlift	<ul style="list-style-type: none"> • Watch the YouTube video here: https://www.youtube.com/watch?v=op9kVnSso6Q • This is a traditional deadlift with the hands outside the knees. Mixed grip is allowed. • Sumo deadlifts are not allowed. • Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. • The arms must be straight throughout. • Touch and go is permitted, bouncing the barbell is not.