

# 19.2



SPONSORED BY Reebok 

# INDIVIDUAL RX / SCALED

## INDIVIDUAL WORKOUT 19.2

**For time:**

- 45 Thrusters
- 45 Bar facing burpees

*Partition the repetitions as you like*

## SCORING

The time needed to complete the thrusters and bar facing burpees.

## EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division

## WEIGHTS & MEASUREMENTS

Division	Thrusters (Kg)	Bar Facing Burpees
Elite Male	45	Must jump over
Elite Female	30	Must jump over
Masters 35-39 Male	45	Must jump over
Masters 35-39 Female	30	Must jump over
Masters 40+ Male	45	Must jump over
Masters 40+ Female	30	Must jump over
Teens Male	45	Must jump over
Teens Female	30	Must jump over
Scaled Male	30	Step-over allowed
Scaled Female	20	Step-over allowed

## WEIGHTS IN LBS

Although our official weights are metric, we also provide the minimum weights in lbs as a service..

- **Elite male:**  
45 kg -> 100 lbs
- **Elite female:**  
30 kg -> 67 lbs
- **Masters 35-39 male:**  
45 kg -> 100 lbs
- **Masters 35-39 female:**  
30 kg -> 67 lbs
- **Masters 40+ male:**  
45 kg -> 100 lbs
- **Masters 40+ female:**  
30 kg -> 67 lbs
- **Teens male:**  
45 kg -> 100 lbs
- **Teens female:**  
30 kg -> 67 lbs
- **Scaled male:**  
30 kg -> 67 lbs
- **Scaled female:**  
20 kg -> 45 lbs

## WORKOUT STANDARDS

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3,2,1 ... go," the athlete will perform 45 thrusters and 45 bar-facing burpees. The athlete can choose to partition the repetitions anyway they want (e.g. 5 rounds of 9 thruster and 9 burpees or 25 burpees, 45 thrusters, 20 burpees) as long as 45 thrusters and 45 bar-facing burpees are completed.

The athlete's score will be the total time it takes to complete all 90 repetitions. There is no tiebreak for this workout.

## MOVEMENT STANDARDS

### Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor.

The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.



## MOVEMENT STANDARDS

### Bar-Facing Burpees

The burpee must be performed perpendicular to and facing the barbell. The athlete will jump the feet back so that he or she is lying on the ground. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. Stepping up and down on the burpee is allowed. The athlete must jump over the barbell from both feet and land on both feet. Single legged jumping or stepping over is not permitted, except for the scaled division. The barbell must be loaded with standard-height bumper plates for the athlete to jump over, except for the scaled division. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.



## VIDEO INSTRUCTION AND STANDARDS

All athlete's/teams aiming to qualify are recommended to film their qualifying workouts. In order to receive an invitation to the final event it is required to provide videos of all the workouts. The video must comply to the standards as described above and/or in the PDF with the workout description. Failure to present a video (within 24h after request if not provided earlier with registering the score) = no score in that workout and possible disqualification of the athlete/team.

*We recommend using the WOD-Proof App <https://wod-proofapp.com> to make it easy to follow our requirements.*

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout: stat your name, division, date and time, clearly show the settings of the rower, weights, etc. The monitor of the rower should also be clearly visible throughout the entire workout. **Important: show at least 5 seconds of the running clock on our website** — [www.crossfitlowlandsthrowdown.nl](http://www.crossfitlowlandsthrowdown.nl). Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements 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.

### VIDEO TIPS

Please read these tips carefully: <https://help.competitioncorner.net/i-m-an-athlete/online-competitions/video-recording-tips>

*It is important to keep in mind that the athlete or team captain is responsible for the timely upload of the videos. If we can't see the video because it is not uploaded or blocked by the provider (for example: copyright protection because of music in the video) and/or any other reason, the video is assumed not to be provided. The score of that workout will then be invalidated.*

Past experiences learns that there are 2 major causes for issues:

1. Copyright protection because of music.
2. Limited playing time on YouTube. View <https://support.google.com/youtube/answer/71673> how you can upload videos of more than 15 minutes

Please read the tips from the link above carefully and act if needed!

## VALIDATING VIDEO SUBMISSIONS

Score validation for any online video submission is the sole right of CrossFit Lowlands Throwdown. The video will be reviewed and scored by CrossFit Lowlands Throwdown judges. As part of this video review process, the athlete's/teams posted score may be accepted, modified or invalidated.

Reasons for modification or invalidation of a score include, but are not limited to:

- Not showing the running clock on the website of the CrossFit Lowlands Throwdown;
- Failure to follow the video submission guidelines, including recording movements from angles, distances or with lighting effects that do not allow judges to assess whether the movement standards are being met (Note: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
- Violation of the workout format, including movement standards;
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards;
- Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning and after the close of a workout. Athletes and/or teams submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes/teams should review the video to ensure their reps meet the required standards; that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

## GENERAL FINAL PROVISION

CrossFit Lowlands Throwdown reserves the right to declare scores, video, etc. invalid and/or pull an athlete or team from the competition if there are doubts as to whether the workouts have been performed in the prescribed manner and/or order. Make sure there are no doubts!

- Show at least 5 seconds of the running clock on our website
- Follow the instructions
- Have witnesses of your workouts
- Send in an unedited video
- Do not push the boundaries
- Etc.

## SUPPORT

If you have any questions about the workouts and standards, please contact the event organizer, CrossFit Lowlands Throwdown  
[info@crossfitlowlandsthrowdown.nl](mailto:info@crossfitlowlandsthrowdown.nl)

If you have questions about submitting your score visit the Help Center on how to submit online scores here: <https://help.competitioncorner.net/i-m-an-athlete/online-competitions/how-do-i-submit-my-online-score>

# 19.2

## CrossFit LOWLANDS THROWDOWN

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# INDIVIDUAL RX / SCALED

For time:

- 45 Thrusters
- 45 Bar facing burpees

Partition the repetitions as you like

Division	Thruster (kg)	Bar Facing Burpees
Elite	45 / 30	Must jump
Masters 35-39	45 / 30	Must jump
Masters 40+	45 / 30	Must jump
Teens	45 / 30	Must jump
Scaled	30 / 20	Step-up allowed

Thrusters  
(45 total)


Bar Facing Burpees  
(45 total)


Finish Time

I confirm the information on this scorecard accurately represents the athlete's performance for this workout and that this workout was completed after workout 19.1 and before workout 19.3 on the same day.

Athlete Name \_\_\_\_\_

19.2 Finish Time \_\_\_\_\_

Rx'd

Division \_\_\_\_\_

Scaled

Judge Name \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date & Time \_\_\_\_\_



Judge Copy

Athlete Copy — CLTQ 19.2

Athlete Name \_\_\_\_\_

19.2 Finish Time \_\_\_\_\_

Rx'd

Division \_\_\_\_\_

Scaled

Judge Name \_\_\_\_\_

Judge Signature \_\_\_\_\_

Judge E-Mail \_\_\_\_\_

Date & Time \_\_\_\_\_