

LinnaMasters 2019 Finals

Event 1 - "Terrible Threesome"

Scoring: Total reps performed in part A+B+C
M/N 35-39, 40-44, 45-49, 50-54

In 3 minutes:

20/15 Calories Row

20 Alternating DB Overhead Lunges 22,5/15kg
then..

Max Dual KB Shoulder to Overhead 2x24/16kg

Rest 1 min

In 3 minutes:

20/15 Calories Ski

20 Alternating DB Overhead Lunges 22,5/15kg
then..

Max Alternating D-Ball Cleans over Shoulder 40/30kg

Rest 1 min

In 3 minutes:

20/15 Calories Bike

20 Alternating DB Overhead Lunges 22,5/15kg
then..

Max Chest to Bar Pull Ups

M/N 55-59, 60+

DB 17,5/12,5kg

KB 2x20/12kg

D-Ball 30/20kg

Chin Over Bar Pull Ups

Event 2A+2B - "Barbellicious"

Scoring: Average ranking from part A+B

In 6 minutes:

1 Rep Max Snatch

Into..

In 6 minutes:

1 Rep Max Clean and Jerk

Building up to a one rep max for the snatch and clean and jerk inside two 6 minute windows.

Event 3 - "Mountain Monkey Mash"

Scoring: For total reps. Tiebreaker after T2B, HSPU and RMU
M/N 35-39, 40-44, 45-49, 50-54

AMRAP 15 minutes:

3 Rounds of:

10 Axle Bar Thrusters 50/40kg

10 Box Get Overs 75/60cm

2 Rounds of:

15 Alternating Single Arm DB Devils Press 22,5/15kg

15 Toes to Bar

1 Round of:

20 Handstand Push Ups

20 Ring Muscle Ups

If all repetitions are completed before time cap, athletes will start over from the top of the workout for a second round in the time remaining.

M/N 55-59, 60+

Axle Bar 35/25kg

DB 17,5/12,5kg

HSPU + 1 AbMat

Chest to Bar Pull Ups

General Movement Standards

Rowing

Athletes sits ready on the rower, with hands away from the handle. After the call of 3-2-1-GO, they can grab the handle and start rowing. Damper setting can be adjusted at any time. The athlete can not let go of the handle until the 20/15 calories show on the screen.

SkiErg

Athletes stands ready on the SkiErg, with hands away from the handles. After the call of 3-2-1-GO, they can grab the handles and start skiing. Damper setting can be adjusted at any time. The athlete can not let go of the handles until the 20/15 calories show on the screen.

Echo Bike

Athletes sit ready on the Echo Bike, with hands away from the handles and feet not moving. After the call of 3-2-1-GO, they can grab the handles and start biking. The athlete can not jump off the bike until the 20/15 calories show on the screen.

Alternating Dumbbell Overhead Lunge

The dumbbell can be lifted from ground to overhead anyhow with one hand. A correct end position before/between all reps is with the hand holding the dumbbell inside shoulder width, with knees, hips and elbows extended. In the bottom position, the knee must touch the ground before returning up. The arm holding the dumbbell does not have to be straight on the way down, but the dumbbell can not touch any other part of the body, than the hand. The free arm must stay clear of the body, and can not be used for assisting the step up/down. All repetitions must be alternating between left and right. The lunge may be performed by stepping forward or backwards. If a NO-REP is given, a good rep must be performed on the same side before the athlete can continue. The hand holding the dumbbell can be changed as many times as needed between repetitions, but is not required. Dropping the dumbbells is forbidden.

Kettlebell Shoulder to Overhead

The kettlebells can be lifted from ground to shoulder anyhow. For the shoulder to overhead, athletes can use any style, like press, push press or push jerk. If doing a split jerk, feet must be brought back in line for the rep to count. The correct start position is with extended knees and hips. Hands needs to be lower than the chin in the front rack position. In the overhead position elbows must be fully extended and the hands inside shoulder width. Dropping the kettlebells is forbidden.

Alternating D-Ball Cleans Over Shoulder

The ball can be lifted with any style from ground to shoulder, but knees and hips must be extended before ball is thrown over the shoulder. Repetitions are alternating between left and right. If a NO-REP is given, a good rep must be performed on the same side before the athlete can continue.

Chest to Bar Pull Ups (55+ Chin Over Bar Pull Ups)

Any style of pull up and grip can be used, as long as the athlete *passes through* a hang position with straight arms at the start of all repetitions, and the chest is touching the bar at the top position. Feet can not touch the floor or any other objects during a repetition. For the 55-59 and 60+ groups, the same standards applies, except for that only the chin has to be over the bar for the repetition to count.

Snatch

Any style of the snatch can be used as long as the athlete lifts the bar in one movement from ground to overhead. 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. If doing a split snatch, the legs must also be brought back to parallel for the rep to count. The bar can not touch any body part over hip level during the lift, and hang snatches are not allowed.

Clean and Jerk

This is a ground to shoulder to overhead anyhow. Any style of the clean and the shoulder to overhead can be used, however the bar must be lifted in one movement from ground to shoulder and then to overhead. A hang clean is not allowed. The end position of the

shoulder to overhead is with full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. If doing a split jerk, the legs must also be brought back to parallel for the rep to count.

Axle Bar Thrusters

This is a standard thruster in which the bar moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. 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 axle bar can only be dropped from hip level or lower, and it must settle on the ground before the athlete picks it up for the next repetition.

Box Get Overs

This is a box over anyhow, where the athlete may step or jump over the box, as long as both feet have touched the flat top part on the way over. Hands can also be used to assist the get over. The rep is counted when the athlete has both feet on the ground on the opposite side, and no part of the body is touching the box.

Alternating Single Arm Dumbbell Devils Press

Athletes will start each repetition with the dumbbell on the ground. Then, with the athlete's hand on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to the feet, never taking the hand from the dumbbell. Next, the athlete shall snatch or swing the dumbbell from the floor and finish with the arm locked out overhead, with hips, knees, shoulders, and arms at full extension, and the hand holding the dumbbell inside shoulder width. Please note, the athlete may "swing" the dumbbell between their legs to help to build momentum to get it overhead, but the athlete may NOT pause at the shoulders and press the dumbbell. The free arm can not be used for assisting any part of the swing to overhead and must stay clear of the body. Dropping the dumbbell is forbidden.

Toes to Bar

In the toes to bar, the athlete must go from a full hang to having the toes touch the pull up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or mixed-grip are all permitted. Both feet must come into contact with the bar at the same time, inside the hands (either top or bottom of the foot).

Handstand Push Ups

Every repetition of the handstand push up begins and ends at the top of a 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. The palm of the hands needs to be inside the designated area, but fingers can be outside. At the bottom, the athlete's head makes contact with the ground. The feet do not need to remain in contact with the wall for the entire movement but must touch the wall at the beginning and end of each rep. Kipping and strict repetitions are both allowed. The 55-59 and 60+ age groups will be allowed to perform their handstand push ups with the support of one AbMat under their head.

Muscle Ups

In the muscle up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a falsegrip) and the feet off the ground. The heels may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings. Kipping the muscle up or doing strict reps are both acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle ups are performed, a change of direction below the rings is required.

The 55-59 and 60+ age groups will perform chest to bar pull ups instead of the ring muscle ups, with the same standards given in event 1.