

## „FAT JACKIE“

For time / 8 min time limit

1000m row

30 thrusters\*

20 pullups\*\*

This is time priority workout and the score will be time it takes you to finish a workout

If a workout is not finished in a 8 min time limit the score will be 8 min + 1 second per unfinished rep

\*Thrusters:

30kg/male division

20kg/female division

\*\*Pullups:

Chest to bar pullups/male division

Chin over bar pullups/female division

## Scorecard

Athlete name \_\_\_\_\_

<b>Row</b>	<b>1000m</b>
<b>Thrusters @ 30/20kg</b>	<b>30</b>
<b>Pullups</b>	<b>20</b>
<b>Score: time</b>	_____ <b>min</b>

## Workout and movement details

Workouts starts with athlete sitting on the Concept2 rower. On the start of the clock athlete starts with the distance row. After the full row of 1000m is finished athlete can move from the rower to the thrusters.

The submitted video must show the rower display before the start of the workout (set on a 1000m countown or start at 0m) and it should be clearly visible at the end of the row. Also for the male division the minimum deficit of 5 cm on the handstand pushups must be measured and recorded prior the start of the workout.

### Thruster

The movement starts with the bar loaded on the ground. The athlete needs to move the barbell from the ground to a front rack position before starting the thruster. The athlete then needs to move the barbell to a full squat with the hips clearly below the knee line. A squat clean into the thruster is allowed. Athlete then needs to bring the bar overhead in one continuous movement to a fully locked out position, with the hips, knees and elbows fully extended with the feet in line.



### Chest to bar pullup for men / Chin over bar pull up for women:

Pull up starts with athlete in hanging position with feet clearly off the ground. At the bottom of the pull up arms must be fully extended. At the top for the men chest has to clearly touch the bar under the clavicle bone and for the women the chin must break the horizontal plane of the bar. Any style or grip of pull-up is permitted, as long as all the requirements are met.

