



EVENT 2 HANS SOLO

PRESENTED BY 

Event 2 - For Time

50 Single Leg Dumbbell Step Ups - Left Leg

50 Single Arm Dumbbell Shoulder to Overhead - Left Arm

50 Single Arm Dumbbell Shoulder to Overhead - Right Arm

50 Single Leg Dumbbell Step Ups - Right Leg

penalty applies for taking hand off dumbbell apart from when switching sides

Weights

Open Male 22.5kg | Open Female 15kg

Fitness Male 15kg | Fitness Female 10kg

Masters Male 22.5kg | Masters Female 15kg

Masters 50+ Male 15kg | Masters 50+ Female 10kg

Teen Male 15kg | Teen Female 10kg

Box Height

Open Male - 60cm / 24inch

All Other Divisions - 50cm / 20inch

Scoring

This workout is for total time. There is a **30sec penalty** if the athlete lets go of the dumbbell anytime apart from switching hands after the 50 STOH on the Left Arm. The penalty applies for every instance of letting go of the dumbbell. There is no time cap for this workout.

Workout Flow

The workout begins with the athlete standing in front of their box and their dumbbell resting on top of the top. Once the timer starts the athlete may grab the dumbbell in their left hand and place their left foot on top of the box - the left foot remains on top of the box while the right leg comes up onto the box and back down to the ground. (Please watch the video for clarification of the step up)

The athlete may rest with both feet on the ground and with dumbbell on the box but the hand must remain on the handle of the dumbbell or there will be a 30sec penalty

Once all the step up reps are completed, the athlete will commence 50 reps of a shoulder to overhead on the same side, again the dumbbell may rest on the box but the hand must remain in contact with the handle. Once the reps are completed on one side they may release the dumbbell before commencing the shoulder to overhead reps on the other arm. Once the shoulder to overhead are completed the athlete will move into 50 dumbbell step ups on the other side, again **without** letting go of the dumbbell handle. The workout is completed when the 2nd set of step ups are completed.

Movement Standards

Dumbbell Step Up

The dumbbell is to be held in the same hand as the working leg (the one on the box) and to the side - it **cannot** be racked on the shoulder. The whole foot must be on top of the box - the rep is complete when both feet are fully on the box and the hips and knees are fully extended. You cannot just "tap" or place part of the second foot on the box, it must step all the way up onto the box.

Dumbbell Shoulder to Overhead (STOH)

This is a single arm dumbbell shoulder to overhead, either a press, a push-press or push-jerk must be used as long as at the finish of each rep the dumbbell is clearly locked out overhead with the hips and knees fully extended. Only one hand may be in contact with the dumbbell - you cannot use two hands to lower the weight.

Switching Sides

There is a 30sec penalty if you let go of the dumbbell at any point apart from when switching from the left side to the right side after 50 reps, you may rest the dumbbell on the box but you cannot let it go - this includes after the step ups and before the shoulder to overhead - it's meant to be an additional challenge - that's why there is a penalty if you don't hold onto it.

Please view the video link for all the movement standards - note we have made every effort to make the movement standards very clear to keep a level playing field, any attempt to manipulate the movement standards to gain an advantage will result in scores being ruled invalid.

Video Submission

Please video your performance in its entirety and attach a YouTube link when submitting your score to Throwdowns.

We are not looking for a cinematic masterpiece - we just want to see it is YOU doing the work and it matches the score entered. We recommend the WODProof app for recording your workouts, it will watermark the video with your name, workout name and a timer (it also does handy things like remind you to put your phone in flight mode...)

Set your camera up so you can see all the movements being performed, ideally from the side or 45degree to see the hips being opened on squatting movements and bar lock out overhead. It doesn't matter if the workout is performed in a class setting and there are other people in the video - it just needs to verify it is you, doing the work and meeting the movement standards.

The video submission is there to ensure a fair competition for everyone - if there is any doubt about the validity of the movement meeting the standards, the equipment being used or any other witchcraft the most likely scenario is your score will be ruled invalid.

Its 2020 folks - everyone has a smartphone that can upload video easily to YouTube - if you don't know how to do it, get someone to upload it for you (or treat it as an exciting new skill to learn).



Score Card

Athlete Name _____

Division _____

Dumbbell Step Up Left		Dumbbell STOH Left		Dumbbell STOH Right		Dumbbell Step Up Right	
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5

Penalties _____x 30sec = Total Penalty Time_____

Time _____+ Penalty Time _____= Total Time _____