



MONTHLY CHALLENGE 19.5 - presented by cross equip

MAY 1, 12:00 pm, THROUGH MAY 15, 12:00 pm

WORKOUT 19.5

“JMT Total”

0-4 min: 1 RM Power Clean

4-8 min: 1 RM Push Press

8-12min: 1 RM Front Squat

EQUIPMENT

- Barbells*
- Collars
- Plates

NOTES

This workout begins with the athlete standing tall in front of the barbell. It is not allowed to touch the barbell until the beginning of the workout. After the countdown, the athlete may then perform a one repetition maximum of a power clean. After 4 minutes the athlete needs to perform a one repetition maximum of a push press. After another 4 minutes the athlete needs to perform a one repetition maximum of a front squat. The athlete needs to wait until the 4 minutes are over before he can advance to the next lift.

MOVEMENT STANDARDS

Power Clean

The barbell must be lifted from the floor. The barbell must be lifted up in one movement from the floor to the shoulders. To complete the movement the hips and knees must be fully extended with the elbows in front of the bar and the feet in one line. As soon as the athlete is in full control of the barbell the rep counts. Split power clean is allowed. As soon as the hip crease pass below the knees the rep is invalid and a no rep. The hip crease must stay higher than the knees.

Push Press

The barbell can be lifted up from the floor or you are allowed to start from the rack. Each repetition begins with the barbell on the shoulders in front rack position. The rep finishes when the weight is fully locked out overhead. It must be centered over the middle of the body and elbows, shoulders, hips and knees must be fully extended with the feet in line. A strict press is allowed. Push Jerk or Split Jerks are not allowed. The feet must stay in contact with the floor during the performance of this movement.

Front Squat

The barbell can be lifted up from the floor or you can start from the rack. To start the movement, the barbell needs to be held in a proper front rack position with knees and hips fully extended. The athlete may then perform a front squat. At the bottom the hip crease must pass below the knees. The barbell must be held in the front rack position and stay in contact with the shoulders during the whole movement. To finish the exercise the hips and knees must be fully extended again.

VIDEO SUBMISSION STANDARDS

For your videos please use the app WODProof and film the workout with this official app. Prior to starting, film the barbell and the weight to be used so that everything can be seen clearly. You will also need to film your bodyweight before you start the workout (stand on a scale & film it).

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

For more information about how to use WODProof visit our website www.jonasmuellertraining.com and check the information about the JMT monthly challenge.

SCORE SUBMISSION

Your score is the accumulated weight of all 3 lifts you were able to lift in Sinclair points. To find out your Sinclair points use this link: <http://www.argos-hermann.at/sinclairpunkte.html>

Here is an example:

Power Clean: 80kg

Push Press: 40kg

Front Squat: 60kg

Total weight: 180kg

Body weight: 60kg

Sinclair Points: 243.2

Your Score: 243 (rounded off to whole numbers)

The score and the video must be submitted by 12 PM MEZ on 15th of May 2019.