

**2023 NOBULL CROSSFIT GAMES**

# **IQF TEST 1**

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// TASK PRIORITY

TIME | 15:00    LOADING | 5/5    SKILL | 5/5    VOLUME | 2/5

## RX

**For time:**

9 front squats (155/225 lb)  
 9 handstand walks  
 15 front squats (125/185 lb)  
 15 muscle-ups  
 21 front squats (95/135 lb)  
 21 chest-to-wall handstand push-ups  
 Time CAP: 15:00

## INTERMEDIATE

**For time:**

9 front squats (125/185 lb)  
 6 handstand walks  
 15 front squats (95/135 lb)  
 9 muscle-ups  
 21 front squats (65/95 lb)  
 12 chest-to-wall handstand push-ups

## BEGINNER

**For time:**

9 front squats (65/95 lb)  
 9 bear crawls  
 15 front squats (45/65 lb)  
 15 ring rows + 15 assisted push-ups  
 21 front squats (35/45 lb)  
 21 push-ups

## STRETCHING

**2 sets:**

:30 lat/tricep stretch/arm  
 :30 wrist extension stretch/arm

## GOALS

### INTENDED STIMULUS

- ✓ 8:00-14:00.
- ✓ Increasingly higher-skill gymnastics workout with a moderately-heavy weightlifting component.
- ✓ Hang on to the barbell and try to go unbroken on all sets.
- ✓ If needed, break gymnastics movements into descending rep schemes, e.g., 15 muscle-ups = 6-5-4 reps to help prolong muscular endurance.

### COACHING GOALS

- ✓ Get all athletes finished in under the 15:00 time cap.
- ✓ Give athletes plenty of time to build up to their workout loading and practice their gymnastics movements.
- ✓ Coach athletes to a safer and more effective front-rack position.
- ✓ Challenge athletes who are scaling the gymnastics movements.
- ✓ Strategize with advanced athletes about conserving their shoulders and upper body.

## SCALING

### OVERVIEW

**Consideration for athletes not competing in Quarterfinals**

- Reduce the loading of the barbell to complete the reps in 2 sets or less.
- Scale the gymnastics movements to exercises that are challenging but allow athletes to keep chipping away at the repetitions.

### MOVEMENT SCALING OPTIONS

**Front squats** | Load, DB front squats, back squats.**Handstand walk** | Distance, reps, bear crawl.**Muscle-ups** | Reps, jumping muscle-ups, low-ring transitions.**Chest-to-wall handstand push-ups** | Reps, handstand push-ups, pike push-ups.

## LOGISTICS

### LIMITATIONS

**Consideration for athletes not competing in Quarterfinals**

- If floor space for handstand walking is limited, consider modifying bear crawl to shoulder taps in a plank or in a handstand against the wall.

### OTHER CONSIDERATIONS

Whiteboard Brief: 0-4

General: 4-13

Specific: 13-33

Break: 33-36

Workout: 36-52

Cool-down: 52-60

## WHITEBOARD BRIEF ESTIMATED TIME = 4:00

**Target time** | 8:00-14:00.

- This is the first test of the CrossFit Individual Quarterfinal. Here we have an increasingly higher-skill gymnastics workout with a moderately-heavy weightlifting component.
- The goal is for everyone to complete the workout in 15:00 or less. To achieve the stimulus of the workout, we need to make sure we choose appropriate scaling options. Advanced athletes should look to finish this workout closer to 10:00.
- The loading of the front squat should allow you to complete each set in 2 sets or less.
- Look to spend, at most, 3:00 on the handstand walks.
- Complete the muscle-ups in 4:00 or less.
- Look to finish the chest-to-wall handstand push-ups in 3:00 or less.
- You should expect some muscle fatigue during the gymnastics movements. Taking breaks to recover is going to be normal. That being said, we want to keep breaks short and get back to the movement.
- Athletes who are signed up for Quarterfinals should double and triple-check the test materials provided by CrossFit. This includes necessary equipment, measuring, the floor plan, and filming.

### DEMO VIDEOS

FRONT SQUAT

FRONT SQUAT TIPS

HANDSTAND WALK SCALING

JUMPING RING MUSCLE-UP

LOW RING MUSCLE-UP

LAT/TRICEP STRETCH

## GENERAL WARM-UP ESTIMATED TIME = 9:00

### AT A GLANCE

- ✓ Prior to starting the warm-up, have each athlete grab a PVC.
- ✓ This warm-up should get body temperature and heart rates up while also working toward a full range of motion in the squat and overhead positions.

### DYNAMIC WARM-UP | 9:00

- Demonstrate each movement at the beginning of each time interval.

#### 1 set:

:30 jumping jacks  
:30 alternating Spiderman stretches  
:30 inchworms

#### 1 set:

:30 alternating lunges in place  
:30 push-ups (from knees as needed)  
:30 iron-cross stretch

#### 1 set:

:30 air squats  
:30 burpees  
:30 scorpion stretch

## SPECIFIC WARM-UP ESTIMATED TIME = 20:00

### AT A GLANCE

- ✓ Equipment: gymnastics rings, space on the wall, space for handstand walk, barbells (or PVC for beginners), plates, and clips.
- ✓ Demonstrate each gymnastics movement, then allow athletes to complete one set.
- ✓ Enable athletes to repeat a movement as necessary while advancing to the next movement in the following round if they are able.
- ✓ Following the gymnastics skill work, work through the squat clean and front-squat progression.
- ✓ In three sets or less, ask athletes to build up to a set of three front squats that feel moderately heavy.
- ✓ Once athletes finish building up in load, have them prepare their weights for the workout.

### GYMNASTICS PROGRESSION AND PRACTICE | 10:00

- Prior to starting the gymnastics progression, ask athletes to set up their ring stations (low for beginners, medium height for intermediate, and high for advanced athletes). In rounds 1 and 2, intermediate and advanced athletes may share rings and take turns with beginner athletes.
- In rounds 1-3, first demonstrate each movement, then allow athletes to each complete a set prior to moving on to your demonstration of the next movement.

#### Round 1: Progression // Focus

25-ft bear crawl // hips high, pressing through extended arms  
5 low-ring transitions // false grip, leg assistance  
10 pike push-ups // hips high, creating a triangle between hands and head.  
1-5 chest-to-wall handstand push-ups // strong lockout between reps, control in the descent

## SPECIFIC WARM-UP CONTINUED

- Beginners repeat the first round while intermediate and advanced athletes progress to:

### Round 2

25-ft handstand walk attempts // midline stability, establish balance prior to stepping

1-5 low-ring transitions with feet off the floor // head through, fast transition

10 kipping handstand push-ups // warming up a range of motion

- Beginners and intermediate athletes repeat prior rounds, while advanced athletes progress to:

### Round 3

25-ft handstand walk // speed and efficiency

1-5 muscle-ups or jumping muscle-ups // strong lockout between reps

1-5 chest-to-wall handstand push-ups // strong lockout between reps, control in the descent

## FRONT SQUAT PREPARATION AND WARM-UP | 10:00

### Progression // Focus

5 clean deadlifts // Keeping the shoulders over the barbell.

5 clean deadlifts + shrugs // Stand all the way up and then shrug the shoulders.

5 muscle cleans // Stand up fast, keep the bar close, then fast elbows around to the front rack.

5 front squats // Keep the chest under the barbell and elbows high as the hips go back and down.

5 hang power cleans // Get tall and then meet the barbell, fast elbows.

5 power cleans // Be patient as the barbell passes the knees and then increase the speed through mid-thigh.

5 squat cleans // Drive to full hip extension, then meet the barbell and descend to a sound front squat.

### Every 2:00 for 3 sets:

3 front squats

- May use a power clean or a squat clean to get the bar to the front rack.

- Build to a set of 3 that feels moderately heavy, at which the athlete believes they can do 9 unbroken reps.

## BREAK

ESTIMATED TIME = 3:00

## WORKOUT ESTIMATED TIME = 16:00

### AT A GLANCE

- ✓ Prioritize a safe front-rack position as athletes execute their front squats. This means their elbows should stay away from their knees and thighs. Encourage athletes to maintain a loose fingertip grip and to drive their elbows up to the sky as they squat. If athletes are struggling to maintain a safe position, reduce the load to prioritize safety.
- ✓ Encourage athletes to start with smaller steps on the handstand walks. When athletes try to take big steps too soon, they can lose control. Have them start with smaller steps and increase their stride as they become more comfortable.
- ✓ Focus on the turnover and receiving position of the muscle-up. As athletes elevate up to the rings and the rings touch or get close to the body, the athlete needs to aggressively sit up and look for their toes. As they sit up, remind them to pull the rings in tight to their sides.
- ✓ Athletes who are performing the chest-to-wall handstand push-ups need to maintain a solid midline position throughout the entire range of motion. Look at their rib cage area. The more the rib cage sticks out, the greater potential there is for them to come off the wall prematurely.

### LOOK FOR

#### Front squats

- 1) Elbows dropping.
- 2) Rounding the upper back.
- 3) Knees inside of the toes.

#### Handstand walk

- 1) Bent arms while walking.
- 2) Excessive over-extension of the spine.

#### Muscle-ups

- 1) Vertical body position
- 2) Falling through the rings during the transition.

#### Chest-to-wall handstand push-ups

- 1) Feet coming off the wall prematurely.

### CUES

#### Front squats

- 1) "Elbows up!"
- 2) "Chest up!" "Drive your hips under the bar!"
- 3) "Weight in the heels!" "Knees out!"

#### Handstand walk

- 1) Cue the athlete to press into the floor with each step. Smaller steps may help, too.
- 2) Cue the athlete to squeeze their belly and look at their thumbs while they walk.

#### Muscle-ups

- 1) Cue the athlete to lean back and bring their hips toward the rings.
- 2) Cue the athlete to pull the rings in tight under their armpits.

#### Chest-to-wall handstand push-ups

- 1) Cue the athlete to bring their ribs to their hips and to tuck their chin. They should be looking at the wall in front of them.

# COOLDOWN

ESTIMATED TIME = 8:00

## AT A GLANCE

- ✓ Give athletes an opportunity to recover after the workout.
- ✓ Record scores and celebrate the completion of the first Quarterfinal test.
- ✓ Look to celebrate athletes who did something in today's workout that they never thought was possible.
- ✓ Start a clock and demonstrate the stretches in the cool-down.
- ✓ Have athletes move through the stretches at their own pace as you move through the class and check in with your athletes.

## STRETCHING | 8:00

### 2 sets:

:30 lat/tricep stretch/arm

:30 wrist extension stretch/arm