

2023 NOBULL CROSSFIT GAMES

IQF TEST 2

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// TIME PRIORITY

TIME | 12:00 LOADING | 2/5 SKILL | 5/5 VOLUME | 5/5

RX

AMRAP 12:

- 8 DB snatches (arm 1) (50/70 lb)
- 8 overhead walking lunge steps (arm 1)
- 8 DB snatches (arm 2)
- 8 overhead walking lunge steps (arm 2)
- 40 crossovers

INTERMEDIATE

AMRAP 12:

- 8 DB snatches (arm 1) (35/50 lb)
- 8 overhead walking-lunge steps (arm 1)
- 8 DB snatches (arm 2)
- 8 overhead walking-lunge steps (arm 2)
- 20 crossovers

BEGINNER

AMRAP 12:

- 8 DB snatches (arm 1) (10/15 lb)
- 8 walking-lunge steps (arm 1)
- 8 DB snatches (arm 2)
- 8 walking-lunge steps (arm 1)
- 40 single-unders

STRETCHING

Accumulate:

- 1:00 alternating scorpion stretches
- :30 lat-shoulder stretch/arm
- :30 lacrosse ball roll/foot

GOALS

INTENDED STIMULUS

- ✓ 3-5+ rounds.
- ✓ Fast-moving grunt work with a higher-skill component to slow the pace.
- ✓ Maintain unbroken DB snatches and lunges for as many rounds as possible.
- ✓ If you can't maintain large sets of snatches, aim to break the snatches into 7 reps, rest, 1 rep, and then directly into the lunges.

COACHING GOALS

- ✓ Push all athletes to get through 4 rounds.
- ✓ Challenge athletes to stay unbroken on the DB movements.
- ✓ Coach athletes into a safer and more secure overhead position when they are supporting the DB in both the snatches and lunges.
- ✓ Give non-IQF athletes an opportunity to attempt the crossover in the workout. Look to set a timer per round for these athletes.

SCALING

OVERVIEW

Consideration for athletes not competing in Quarterfinals

- Scale the weight of the dumbbell to maintain unbroken sets for most of the workout.
- Scale the amount of time spent performing crossovers or crossover attempts.

MOVEMENT SCALING OPTIONS

DB snatches | Load, DB cleans (overhead limitation).

Overhead walking lunge steps | Load, front-rack walking lunge steps (overhead limitation), lunge in place (space limitation).

Crossovers | Reps, 1:00 attempts, double-unders, single-unders.

LOGISTICS

LIMITATIONS

Consideration for athletes not competing in Quarterfinals

- If floor space is limited, consider having athletes perform the lunges in place.
- If DB availability is an issue, athletes may also choose to use a kettlebell.

OTHER CONSIDERATIONS

Whiteboard Brief: 0-4

General: 4-14

Specific: 14-34

Break: 34-37

Workout: 37-51

Cool-down: 51-60

WHITEBOARD BRIEF ESTIMATED TIME = 4:00

Target rounds | 3-5+ rounds.

- This is the second test of the Individual CrossFit Quarterfinal.
- Fast-moving grunt-work style workout with a higher-skill component to potentially slow the pace.
- The weight of the dumbbell should be moderately heavy, but light enough that you can perform 8 unbroken snatches and then keep the dumbbell overhead for 8 unbroken lunges. After this, some athletes may need to rest before moving to the other arm while others may be able to continue hanging on to the DB.
- Expect the single-under crossovers to not only be challenging physically, but mentally as well. Whether you are registered for the Quarterfinals or not, the goal of this movement is to practice our coordination and step outside our comfort zones. Athletes not competing in Quarterfinals should scale the amount of time spent performing crossovers or crossover attempts.
- Athletes who are signed up for Quarterfinals should double and triple-check the workout materials provided by CrossFit. This includes necessary equipment, measuring, the floor plan, and filming.

DEMO VIDEOS

DB SNATCH

DB SNATCH FAULTS

DB OH WALKING LUNGE

SCORPION STRETCH

SAMSON STRETCH

GENERAL WARM-UP ESTIMATED TIME = 10:00

AT A GLANCE

- ✓ Before starting the warm-up, have athletes grab a jump rope.
- ✓ If necessary, scale the run to a 400-m bike ride or 200-m row.
- ✓ Have athletes concentrate on jumping on the balls of the feet and holding the jump rope with two fingers and a thumb. Find a happy medium between loose and a "death grip."
- ✓ During the walking lunge steps, have athletes practice holding one arm overhead. Have them focus on keeping the arm locked out and over the body as they lunge.
- ✓ Cue athletes who are having difficulty with the crossover, to perform one or two single-unders and then one crossover. They can then repeat this sequence as needed.

DYNAMIC WARM-UP | 10:00

1 set:

200-m jog
10 alternating Samson stretches
10 alternating plank reach-throughs

1 set:

:30 single-unders (both legs)
:30 air squats
:30 push-ups to down dog

1 set:

:30 single-unders (right leg only)
10 walking lunge steps
:30 single-unders (left leg only)
10 walking lunge steps

4 sets:

:20 crossovers
- Rest :10

SPECIFIC WARM-UP ESTIMATED TIME = 20:00

AT A GLANCE

- ✓ Prior to starting the specific warm-up, have athletes grab a DB that is lighter than the one they plan to use in the workout.
- ✓ Spend a few moments covering the setup for the DB snatch and demonstrate a few full-range-of-motion repetitions.
- ✓ Move through the DB snatch progression one step at a time. After demonstrating a step, have athletes perform the 5 reps at their own pace. Look to make corrections while athletes are moving.
- ✓ During the load-up phase, encourage athletes to build up to the weight they are going to use in the workout. As athletes are moving through their 3 sets, move through the class and check in with athletes regarding scaling.

DB SNATCH AND OVERHEAD LUNGE PRACTICE | 10:00

DB Snatch Setup

- 1) Feet shoulder width apart.
- 2) Hips slightly higher than the knees, but lower than the shoulders.
- 3) A flat back is maintained.
- 4) Knee tracking in the same direction as the toes.
- 5) DB and hand inside the body.

Progression // Focus

- 5 DB deadlifts/arm // DB between the legs, maintain proper setup, and stand up fast.
- 5 DB deadlifts + shrug/arm // Drive through the heels while standing fast and shrug the shoulders as you squeeze your glutes.
- 5 DB deadlifts + pull elbow high and outside/arm // Keep DB close to the body (zipper up the jacket).
- 3 DB snatches/arm // Stand up fast, keep the DB close to the body, and punch to the overhead position.
- 3 DB overhead walking lunge steps/arm // Press the DB into the sky, keep the bicep close to the ear, and keep the DB over the body.

SPECIFIC WARM-UP CONTINUED

LOAD-UP AND WORKOUT PREP | 10:00

3 sets:

- 3 DB snatches/arm
- 3 DB overhead walking lunge steps/arm
- 10 crossovers
- Increase load on each set.
- Rest :30-1:00 between sets.

BREAK ESTIMATED TIME = 3:00

WORKOUT ESTIMATED TIME = 14:00

AT A GLANCE

- ✓ To maximize efficiency during the DB snatches, athletes should aim to keep the DB as close to the body as possible before punching it overhead. Be sure the athlete keeps the elbow above the DB through the extension of the hips. Once the hips are extended, the athlete can turn the hand over and punch the DB to the sky.
- ✓ During the overhead walking lunges, look for the overhead arm to be tight to the athlete's head. Every time the athlete lunges, they should press up and pull back slightly on the dumbbell. This will help keep the DB in an optimal position.
- ✓ Look at the timing of the crossover and the athlete's hand position throughout the movement. In order for athletes to be most effective with the crossovers, they need to begin to cross their hands as the rope passes over the top of their head. This will give the rope enough time to open up and allow the athlete's body to pass through seamlessly. As for the hand position, the athlete should keep their hands closer to their body and minimize any excessive space between the two. The more space, the shorter the rope becomes.

LOOK FOR

DB snatch

- 1) Soft lockout overhead.
- 2) Hips staying too high.
- 3) Lack of hip drive.

Overhead walking lunge steps

- 1) Loss of balance.
- 2) Soft lockout overhead.

Crossovers

- 1) Hands getting away from the body.
- 2) Crossing the hands too late.

CUES

DB snatch

- 1) "Punch up with the dumbbell."
- 2) "Bend your knees on the descent."
- 3) "Jump the dumbbell overhead."

Overhead walking lunge steps

- 1) "Keep your feet shoulder width apart."
- 2) "Press the dumbbell toward the sky."

Crossovers

- 1) Cue the athlete to keep the hands closer to their body.
- 2) Have the athlete perform a few single-unders and when they feel the rope passing over their head, they should attempt to cross their hands.

COOLDOWN

ESTIMATED TIME = 9:00

AT A GLANCE

- ✓ Give athletes an opportunity to recover after the workout.
- ✓ Record scores and celebrate the completion of the second Quarterfinal test.
- ✓ 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 class.

STRETCHING | 9:00

Accumulate:

1:00 alternating scorpion stretches

:30 lat-shoulder stretch/arm

:30 lacrosse ball roll/foot