



NM2019 // KVALIFISERINGSUKE 1

PERIODE: 08.04.19 07:00 - 13.04.19 21:00

TRIPPEL 5

ÅPEN KLASSE

MASTER 35-39

MASTER 40+

UNDER 20

FORMAT
FOR REPETISJONER

TIDSBEGRENSNING
3 x 5 MINUTTER

RESULTATSKILLE
INGEN

RESULTATSTYPE
TOTALT REPETISJONER

DEL A // 00:00 - 05:00

12/8 cal. Row

8 reps. Toes-to-bar

8 reps. Dumbbell power clean, 2 x 22,5/15 kg

ROW

1

2

3

4

5

TTB

P.CLEAN

=

A

1 min. REST

+

DEL B // 06:00 - 11:00

12/8 cal. Row

8 reps. Toes-to-bar

8 reps. Dumbbell thruster, 2 x 22,5/15 kg

ROW

1

2

3

4

5

TTB

THRUSTER

=

B

1 min. REST

+

DEL C // 12:00 - 17:00

12/8 cal. Row

8 reps. Toes-to-bar

8 reps. Dumbbell power clean, 2 x 22,5/15 kg

ROW

1

2

3

4

5

TTB

P.CLEAN

=

C

=

TOT

FF-KLUBB _____

KJØNN Kvinne

Mann

UTØVER _____

DOMMER _____

RESULTAT _____

PRESENTERT AV



FLEXFIT



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DEL A // 00:00 - 05:00

12/8 cal. Row

8 reps. Toes-to-bar

8 reps. Dumbbell power clean, 2 x 15/10 kg

ROW

TTB

P.CLEAN

1

2

3

4

5

=

A

1 min. REST

+

DEL B // 06:00 - 11:00

12/8 cal. Row

8 reps. Toes-to-bar

8 reps. Dumbbell thruster, 2 x 15/10 kg

ROW

TTB

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TRIPPEL 5

BESKRIVELSE

19.2 består av tre deler der hver del er en AMRAP på 5 minutter med 1 minutt pause mellom. Resultat er total antall repetisjoner sammenlagt.

DEL A

Utøveren starter sittende på romaskinen uten å berøre håndtaket. Man gjennomfører så mange runder man klarer av 12/8 cal. row, 8 reps. toes-to-bar og 8 reps. dumbbell power clean på 5 minutter.

Ved 05:00 er det 1 minutt pause før del B starter.

DEL B

Ved 06:00 starter utøveren igjen sittende på romaskinen. Man gjennomfører så mange runder man klarer av 12/8 cal. row, 8 reps. toes-to-bar og 8 reps. dumbbell thrusters på 5 minutter.

Ved 11:00 er det 1 minutt pause før del C starter.

DEL C

Ved 12:00 starter utøveren igjen sittende på romaskinen. Man gjennomfører så mange runder man klarer av 12/8 cal. row, 8 reps. toes-to-bar og 8 reps. dumbbell power clean på 5 minutter.

Dumbbell power clean: 22.5/15kg (50/35 lb)

Dumbbell thruster: 22.5/15kg (50/35 lb)



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TRIPPEL 5

STANDARDER

BOTTOM-OF-SQUAT

Demonstrated by:

- standing free (2-foot version) or 1 foot in the ground.
- achieving a full squat, with the crease of the hip below the plane of the top of the knee for each active leg.

FRONT-RACK LOCKOUT

Demonstrated by:

- standing tall position is achieved.
- object in contact with the athlete's shoulder(s).
- elbow(s) clearly in front of the center of mass of the object
- fist(s) below chin.

OVERHEAD LOCKOUT

Demonstrated by:

- standing tall position is achieved.
- object is overhead and over the sagittal midline of the body.
- the shoulder angle is open or rearward of the frontal plane.
- full extension of elbows.

POWER POSITION

Demonstrated by:

- standing free.
- avoiding bottom-of-squat, this includes:
 - a partial squat.
 - a full extension [also known as "muscle position"].
 - a split position.

VERTICAL HANG

Demonstrated by:

- hanging vertically from a suspended bar or rings using both hands.
- full extension of elbows
- the shoulder angle is open or rearward of the frontal plane.

HANDS

- **Positioning:** Entire hand with full palm and all fingers.
- **Gripping:** Any part of the hand, full or partial.

TOES

- Area on the shoe also known as "toe box" - typically up until the laces start.
- Includes top, bottom and any sides of the shoe in this area.

FRONT-RACK

- Area including chest and shoulders.

OVERHEAD

- Area above the top of the head of the athlete. Can be slightly above, or way above.
- In front, directly over, or behind the center of head.

POWER CLEAN - ID 3.02

Athlete moves object in one fluid motion from ground to shoulders, never squatting down to full depth.

REPETITION START

- Both dumbbells with 1 head each in contact with ground.
- **Hand(s)** on object.

REPETITION END

- **Front-rack lockout.**

REQUIREMENTS

- Object is moved in one fluid motion from ground to **front-rack** in the **power position**.
- Avoid the **bottom-of-squat**.

CYCLE & POST REPETITION

- The object can be returned to **rep start** in any controlled manner.

TOES-TO-BAR - ID 7.01

Athlete hanging from a horizontal bar moves toes to contact bar.

REPETITION START

- **Vertical hang** from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REPETITION END

- **Toes** on both feet touch the bar simultaneously.
- The contact point is within the width of the **hands**.

CYCLE & POST REPETITION

- The athlete may return to **rep start** in any controlled manner.

THRUSTER - ID 5.06

Athlete performs a front squat and in one fluid movement continues to press the object overhead.

REPETITION START

- **Bottom-of-squat** with object in front of torso, supported by the **hands**.

REPETITION END

- **Overhead lockout.**

REQUIREMENTS

- Object is moved in one fluid motion from **bottom-of-squat** to **overhead** position.
- Maintaining extended knees and hips after the object has left the **front-rack** and until object is support overhead with locked elbows.

CYCLE & POST REPETITION

- The object can be returned to **rep start** in any controlled manner.

ROW - ID 9.03

Athlete rows on the Concept2 rowing machine.

REPETITION START

- Seated on rower.
- Both feet on foot-plates.
- At least one **hand** on the handle.

REPETITION END

- Seated on rower
- Both feet on foot-plates.
- At least one **hand** on the handle.

REQUIREMENTS

- Row until designated goal is met (time, distance or calories).

CYCLE & POST REPETITION

Cycle:

- The machine must be re-set before a new rep is started (rep = new goal).

Post rep:

- In fixed time test (max meters/cals) or timecap in a rep the athlete will have stop applying force to the machine at the timecap, the score will be what is showed when the machine stops moving.