

SWISS FITNESS CHALLENGE

SWISS FITNESS CHALLENGE 2023
ONLINE

QUALIFIER 1

22.09.2023 – 02.10.2023

STANDARDS AND SCORESHEET

QUALIFIER 1**Beginner**

For Time

Timecap: 7 minutes

5-4-3-2-1 Clean & Jerk (20/30 kg)

15 Hanging knee raises (90°)

Master

For Time

Timecap: 7 minutes

5-4-3-2-1 Clean & Jerk (30/50 kg)

15 T2B

Advanced

For Time

Timecap: 7 minutes

5-4-3-2-1 Clean & Jerk (40/60 kg)

15 T2B

FILMING RECOMMENDATIONS

- Film the weight of your barbell and your plates.
- Videos must be uncut and unedited to accurately display the performance.
- A clock/timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Title your video with the workout number and your name. Enter the workout and your time/reps in the description.
- You are not allowed to leave the frame at any time. Otherwise the video is invalid.

WORKOUT DESCRIPTION

At the start of the seven minutes timer, you perform five clean and jerks, followed by fifteen leg raises or toes to bar. Then, you can immediately start with your second round, which contains four clean and jerks, fifteen leg raises or toes to bar.

For every following round, you must omit one rep on the clean and jerks. The order of the movements must be followed strictly. The barbell weight stays the same.

SCORING

Your score is the time to complete the whole five rounds. If you cannot finish your workout within the timecap of seven minutes, you have to add one second per missed rep on top of the timecap. If you miss three reps, you add three seconds on top of seven minutes (7:03).

You have to submit your score until the 2nd of October 2022, 23:59 pm.

You are responsible for making sure your link works. Upload your video to a platform like YouTube or similar. Please make sure your video is public.

Be aware of copyrights on music in the background. It is possible that you will not be able to publish a video or that it is blocked after your upload.

MOVEMENT STANDARDS

Clean and Jerk

- The barbell starts on the ground.
- The barbell must be lifted from the ground to the shoulders in one motion.
- The barbell must pass through the front-rack position before going overhead.
- Snatching is not permitted.
- The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body.
- No racks allowed.

Hanging knee raises

- The athlete must go from a full hang to having the knees crossing the height of the hips.
- Both knees must cross the height of the hips together.
- The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar.
- Hand protection is permitted.
- Tape on the bar and hand protection in combination is not allowed.

Toes to bar

- The athlete must go from a full hang to having the toes touch the pull-up bar.
- Both feet must touch the bar together at some point.
- The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar.
- Hand protection is permitted.
- Tape on the bar and hand protection in combination is not allowed.

CONTACT

We recommend that you do not wait until the last minute to enter your score. If you have any problems or difficulties, contact us before the deadline!

info@swissfitnesschallenge.ch

SCORESHEET | QUALIFIER 1

<i>Rounds</i>	1	2	3	4	5
5 – 4 – 3 – 2 – 1 CLEAN AND JERK	5	24	42	59	75
15 HANGING KNEE RAISES or TOES TO BAR	20	39	57	74	90
TOTAL TIME (- 1 Rep = + 1 Second on top of Timecap) Example: <i>Woman with 59 Reps at Timecap of 7 Minutes</i> <i>Score 1 = 07:31</i>	SCORE 1 – Timecap 7 minutes				