



## 2019 Turkey Challenge Online Qualifier

19.1

Presented by



### WORKOUT 19.1

5 Rounds for time:  
11 Lateral burpees over bar  
8 Deadlifts  
5 Shoulder to overhead  
  
9 minute cap

#### VARIATIONS

##### **Individual and Team Open and 35-39 Individual divisions (Rx'd):**

Men use 175 lbs.  
Women use 120 lbs.

##### **Individual and Team Open and 35-39 Individual divisions (Scaled):**

Men use 115 lbs.  
Women use 75 lbs.

##### **Individual and Team 40+ (Rx'd)**

Men use 155 lbs.  
Women use 105 lbs.

##### **Individual and Team 40+ (Scaled)**

Men use 95 lbs.  
Women use 65 lbs.

##### **Teen 14-17 (Rx'd)**

Boys use 135 lbs.  
Girls use 95 lbs.

##### **Teen 14-17 (Scaled)**

Boys use 75 lbs.  
Girls use 55 lbs.

##### **Fun Teams**

Men use 115 lbs.  
Women use 75 lbs.

#### NOTES

This workout begins with the athlete standing at their bar. After the call of "3, 2, 1 ... go," the athlete will have 9 minutes to begin completing the rounds of lateral burpees over the bar, deadlifts, and shoulder to overhead. The workout is complete once all five rounds have been completed, or the time cap has been reached.

#### EQUIPMENT

- Barbell, collars, and weights loaded to the appropriate level for your division

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 29 kg (65 lb.), 34 kg (75 lb.), 43 kg (95 lb.), 52 kg (115 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 79 kg (175 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

#### VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show all the weights on the barbell. A clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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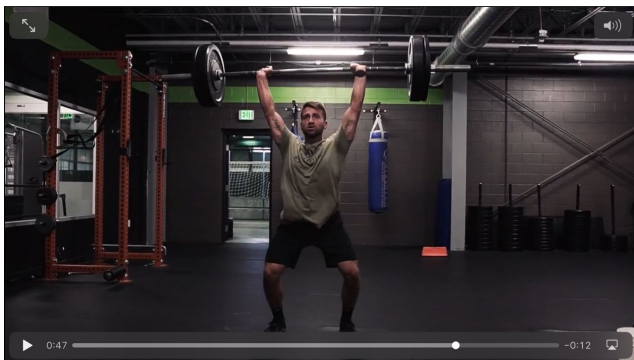


### Lateral burpees over bar



Each lateral burpee consists of the athlete beginning beside the bar facing toward one end or another. Each rep requires the chest and thighs to the ground and then make a two-footed jump over the barbell to the other side. If a two-footed jump is not made, a correct two-footed jump can be made to the other side to complete the rep. It is not required to fully open the hips while jumping over the barbell.

### Shoulder to overhead



A clean (power or squat) must be used to get the bar to the shoulders. From there, the athlete may choose to press, push press, push jerk, or split jerk the bar to a fully locked out position overhead. The finish of the movement requires a straight vertical line of the body and arms overhead with the feet together in line.

### Deadlift



Deadlifts begin with both sides of the weights touching the ground at the same time. Then, the athlete will lift the bar to their waist, ensuring that both the knees and hips come to a full lockout. A traditional (non-sumo) deadlift is required. Belts may be used. Lifting straps are not allowed. Bouncing of the barbell weights off the ground is not allowed.



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Round 1	
11 Burpees	
8 Deadlifts	
5 Shoulder to OH	
Round 2	
11 Burpees	
8 Deadlifts	
5 Shoulder to OH	
Round 3	
11 Burpees	
8 Deadlifts	
5 Shoulder to OH	
Round 4	
11 Burpees	
8 Deadlifts	
5 Shoulder to OH	
Round 5	
11 Burpees	
8 Deadlifts	
5 Shoulder to OH	

COMPLETED AS (CIRCLE ONE): RX / SCALED

TIME IF COMPLETED: \_\_\_\_\_

REPS REMAINING IF

TIME CAP IS MET\*: \_\_\_\_\_

*\*Reps NOT completed must be added to the total time for final score in the :SS column. For example, if you finish 4 rounds and 6 burpees at 9:00, your score would be 9:18. If Scaled version is chosen, the score will rank within other scaled workouts and lower than all Rx workouts. Teams must choose to have all athletes either do scaled or Rx and cannot do a combination of Scaled and Rx cannot be done.*