



2019 Turkey Challenge Online Qualifier

19.3

Presented by



WORKOUT 19.3

On the 2:00 interval, beginning at 0:00, complete for as long as possible of:

14 Toes through rings

7 Hang squat snatch*

*At 4:00, 8:00, 12:00, etc. increase the squat snatch by 2 reps.

VARIATIONS

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

Men use 115 lb. barbell

Women use 75 lb. barbell

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

Men use 75 lb. barbell, and do 14 knee-raises

Women use 55 lb. barbell, and do 14 knee-raises

Individual and Team 40+ (Rx'd)

Men use 95 lb. barbell

Women use 65 lb. barbell

Individual and Team 40+ (Scaled)

Men use 65 lb. barbell, and do 14 knee-raises

Women use 45 lb. barbell, and do 14 knee-raises

Teen 14-17 (Rx'd)

Boys use 75 lb. barbell

Girls use 55 lb. barbell

Teen 14-17 (Scaled)

Boys use 45 lb. barbell, and do 14 knee-raises

Girls use 35 lb. barbell, and do 14 knee-raises

NOTES

This workout begins with the athlete standing under their rings. After the call of "3, 2, 1 ... go," the athlete will begin doing their first set of toes through rings or knee-raises. Once complete, the athlete will move to the set of hang squat snatch. The athlete must deadlift the bar to the standing position before beginning the hang snatch. **If all of the required reps for that interval has been completed, the athlete will wait until the beginning of the next interval period to proceed.** Every (2) intervals completed, the athlete will increase their squat snatch reps by 2.

EQUIPMENT

- Set of gymnastics rings
- Barbell
- Weights appropriate for your division

*The official weight is in pounds.

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.



2019 Turkey Challenge Online Qualifier

19.3

Presented by



Toes through rings



The athlete's heels must pass behind the rings on each rep, and the feet may not touch the floor during the repetition.



Both toes will simultaneously meet, or pass through the rings for each rep to count. For Scaled variations, the athlete's will be doing a knee raise modification according to the standards of CrossFit Open workout 19.2.

Hang squat snatch



Athletes must first deadlift the bar to the hang position before proceeding to the hang squat snatch.



The hang can be performed from above or below the knee (after full extension of the deadlift is performed first).



A full-depth squat is required, however an athlete may power snatch, then do an overhead squat on each repetition.



2019 Turkey Challenge Online Qualifier

19.3

Presented by



WORKOUT 19.3

On the 2:00 interval, beginning at 0:00, complete for as long as possible of:

14 Toes through rings

7 Hang squat snatch*

*At 4:00, 8:00, 12:00, etc. increase the squat snatch by 2 reps.

VARIATIONS

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

Men use 115 lb. barbell

Women use 75 lb. barbell

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

Men use 75 lb. barbell, and do 14 knee-raises

Women use 55 lb. barbell, and do 14 knee-raises

Individual and Team 40+ (Rx'd)

Men use 95 lb. barbell

Women use 65 lb. barbell

Individual and Team 40+ (Scaled)

Men use 65 lb. barbell, and do 14 knee-raises

Women use 45 lb. barbell, and do 14 knee-raises

Teen 14-17 (Rx'd)

Boys use 75 lb. barbell

Girls use 55 lb. barbell

Teen 14-17 (Scaled)

Boys use 45 lb. barbell, and do 14 knee-raises

Girls use 35 lb. barbell, and do 14 knee-raises

Interval 1 (0:00-1:59)		reps
14 Toes through rings		14
7 Hang squat snatch		21
Interval 2 (2:00-3:59)		reps
14 Toes through rings		35
7 Hang squat snatch		42
Interval 3 (4:00-5:59)		reps
14 Toes through rings		56
9 Hang squat snatch		65
Interval 4 (6:00-7:59)		reps
14 Toes through rings		79
9 Hang squat snatch		88
Interval 5 (8:00-9:59)		reps
14 Toes through rings		102
11 Hang squat snatch		113
Interval 6 (10:00-11:59)		reps
14 Toes through rings		127
11 Hang squat snatch		138
Interval 7 (12:00-13:59)		reps
14 Toes through rings		152
13 Hang squat snatch		165
Interval 8 (14:00-15:59)		reps
14 Toes through rings		179
13 Hang squat snatch		192
Interval 9 (16:00-17:59)		reps
14 Toes through rings		206
15 Hang squat snatch		221
Interval 10 (18:00-19:59)		reps
14 Toes through rings		235
15 Hang squat snatch		250

COMPLETED AS (CIRCLE ONE): RX / SCALED

REPS COMPLETED: _____

If the 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.