



## WORKOUT 1

Zaterdag 29/05/20 00:00 – Woensdag 03/06/20 23:59

### WORKOUT 5

For time:

300 air squats

Every 1 min, from start, do 5 hand released push ups (woman do 3)

### WORKOUT 5: SCALED

For time:

300 air squats

Every 1 min, from start, do 5 push ups (woman do 3)

### NOTES

The sequence for this workout is 300 air squats. Every minute, from start the athlete does 5 hand release push ups. For all movements, choose a modification that allows you to work continuously within the range of motion for the duration of the workout, if you scale the workout. Your score will be the total time after 300 air squats.

### EQUIPMENT

For RX, no equipment is needed. If you scale the workout, take a box (or chair, table,..) that is between 60 and 70 cm in height. Both 60 cm and 70 cm are also allowed.

### POINTS OF PERFORMANCE

#### SQUAT

The squat begins and ends with the athlete standing tall with hips and knees fully extended. To complete a full range of motion, the hip crease should pass below the top of the knee at the bottom of the squat before returning to full extension at the top.

- Shoulder-width stance
- Knees in line with toes
- Lumbar curve maintained
- Hips descend back and down
- Hips descent lower than knees
- Heels down
- Complete at full hip and knee extension



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### POINTS OF PERFORMANCE

#### HAND RELEASE PUSH UP

The push-up begins with the athlete in a plank position, arms fully extended. After lowering the chest and thighs to the ground, the athlete lays down and releases both hands from the ground at the same time. Then he/she pushes upward to return to the plank position

- Hands on the ground shoulder-width apart
- Legs straight with only the ball of the feet on the ground
- Start with arms extended
- Lower chest and thighs to the ground
- Body remains rigid
- Lay on the ground, lift up both hands at the same time from the ground
- Elbows move closer to the hips than the shoulders
- Complete at full arm extension



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## WORKOUT 5: SCALED

For time:

300 air squats  
Every 1 min, from start, do 5 push ups (woman do 3)

300 AIRSQUATS		
10	20	30
40	50	60
70	80	90
100	110	120
130	140	150
160	170	180
190	200	210
220	230	240
250	260	270
280	290	300