



CrossFit LICENSED EVENT | 2023

DUCQ – INTERMEDIATE TEAMS

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, AUGUST 25

WORKOUT DESCRIPTION

WORKOUT 23.2

Set a 15-minute running clock:

4 x 3-minute rounds for reps of:

30 Shuttle Runs (7.5m= 1 rep)

10 Shoulder to Overhead

Max Wall Walks in the remaining time

Rest 1 minute between rounds

♂ 50kg/ 110lb

♀ 35kg/ 77lb

Notes:

Prior to starting the workout, the athlete will need to mark two lines on the floor for the shuttle runs/ handstand walks (see movement standards section).

This workout begins with the athlete standing behind the shuttle run line closest to the wall. After the call of go, the athlete will complete 30 shuttle runs (7.5m laps) and 10 barbell shoulder to overhead, then in the remaining time, complete as many wall walks as possible. Athletes will continue in this fashion for 4 rounds with a 1-minute rest between rounds.

The athlete's score will be the total number of reps completed (including the 30 shuttle runs and 10 shoulder to overhead) before the 15-minute time cap.

Equipment:

- Tape to mark the floor for the Shuttle Runs and Wall Walks
- Tape measure
- Pull-up Bar
- Barbell
- Collars
- Plates to load to the appropriate weight for your division.

Video Submission Standards:

Film the measuring process for the Shuttle Run and Wall Walk tape marks. Also, film the plates and barbell to be used so the weights can be seen clearly. The video must be uncut and unedited to accurately display the performance. Your judge and a clock or timer must be visible throughout the workout. Record the video so all movements can be seen clearly meeting the movement standards.



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MOVEMENT STANDARDS

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Shuttle Runs

Beginning:

- Each rep starts with the athlete's feet clearly behind the start line.

Middle:

- N/A

End:

- At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return.
- Stepping on or touching the line will not count.

Additional Standards:

- Each rep of the shuttle run = 7.5m
- On the final shuttle run the athlete may run over the line without touching the ground to commence the handstand push-ups.



Shoulder to Overhead

Beginning:

- The barbell must be at the shoulders to begin the shoulder to overhead.

Middle:

- A Press, Push Press, Push Jerk, or Split Jerk are all allowed.

End:

- The rep is completed when the barbell is locked out overhead with the arms, hips, and legs extended.
- The barbell must be over or slightly behind the middle of the athlete's body, with the feet in line.





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MOVEMENT STANDARDS

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Wall Walk

Beginning:

- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- Both hands must be touching the first tape line (fingers touching is OK).

Middle:

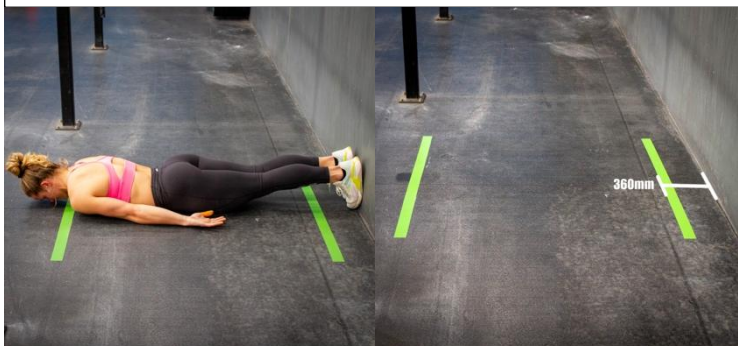
- Both hands must remain on the tape until both feet are on the wall and no longer touching the ground.
- At the top of the movement, both hands must be touching the 360mm tape line before the athlete can descend. Any part of the hand may touch the tape line.
- On the descent, the feet must remain on the wall until both hands are touching the first line.

End:

- The rep is counted when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground.

Additional Standards/ Measurements:

- With the athlete lying down, chest and thighs touching the ground, legs fully extended, and feet together and touching the wall, mark a tape line at the top of the athlete's shoulder.
- The edge of the tape that is closest to the wall must be in line with the shoulder.
- This first line will be the start and finish line for each rep.
- Tape a second line that leaves 360mm of space between the tape's far edge and the wall.





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SCORECARD

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WORKOUT 23.2

♂ 50kg/ 110lb

♀ 35kg/ 77lb

Note: This workout begins with the athlete standing behind the shuttle run line closest to the wall.

30 Shuttle Runs (7.5m = 1 rep)	0:00 – 3:00	30
10 Shoulder to Overhead		40
Max Wall Walks (0:00 – 3:00)		
30 Shuttle Runs (7.5m = 1 rep)	4:00 – 7:00	30
10 Shoulder to Overhead		40
Max Wall Walks (4:00 – 7:00)		
30 Shuttle Runs (7.5m = 1 rep)	8:00 – 11:00	30
10 Shoulder to Overhead		40
Max Wall Walks (8:00 – 11:00)		
30 Shuttle Runs (7.5m = 1 rep)	12:00 – 15:00	30
10 Shoulder to Overhead		40
Max Wall Walks (12:00 – 15:00)		

ATHLETE NAME _____

TOTAL REPS _____
A VIDEO LINK MUST BE SUBMITTED WITH YOUR SCORE

Note: Include the 30 Shuttle Runs and 10 Shoulder to Overhead reps (if completed) each round when adding up your final score.