



DUCQ - ELITE INDIVIDUALS & TEAMS

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, SEPTEMBER 8

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

WORKOUT 23.4

21-15-9-6-3 reps for time of: (12min CAP)

Deadlifts

Dual Dumbbell Thrusters

♂ 100kg/ 220lb | 22.5kg/ 50lb

♀ 70kg/ 155lb | 15kg/ 35lb

Notes:

This workout begins with the athlete's back facing towards the barbell. After the call of go, the athlete will start their 21 deadlifts, then move to the dumbbells for their 21 dual dumbbell thrusters. Then, the athlete will move back to the barbell and complete 15 deadlifts. They will continue in this manner until all the reps are completed.

The athlete's score will be the total time it takes to complete the workout, or the total number of reps completed before the 12-minute time cap.

Equipment:

- Barbell
- Collars
- Plates to load to the appropriate weight for your division.
- A pair of dumbbells at the correct weight for your division

Video Submission Standards:

Film the plates and barbell so the weights can be seen clearly and show the weight of the dumbbells. 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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Deadlift

Beginning:

- The barbell starts on the ground.
- The athlete's hands must be outside the knees.
- Sumo Deadlifts are not allowed.

Middle:

- N/A

End:

- The rep is counted when the athlete's hips and knees reach full extension and the athlete's shoulders are behind the bar.

Additional Standards:

- Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound.
- Receiving any assistance moving the barbell is not permitted.



Dual Dumbbell Thrusters

Beginning:

- Each set of thrusters begins with the dumbbells on the ground.
- A squat clean into the thruster is allowed when the dumbbells are taken from the floor.

Middle:

- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- The rep must be completed in one fluid motion from the bottom of the squat to the locked-out position overhead. A front squat followed by a jerk is not allowed.

End:

- The athlete's hips, knees, and arms are fully extended with the dumbbells directly over or slightly behind the middle of their body.





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SCORECARD

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♂ 100kg/ 220lb | 22.5kg/ 50lb

♀ 70kg/ 155lb | 15kg/ 35lb

Note: This workout begins with the athlete's back facing towards the barbell.

21 Deadlifts	21
21 Dual Dumbbell Thrusters	42
15 Deadlifts	57
15 Dual Dumbbell Thrusters	72
9 Deadlifts	81
9 Dual Dumbbell Thrusters	90
6 Deadlifts	96
6 Dual Dumbbell Thrusters	102
3 Deadlifts	105
3 Dual Dumbbell Thrusters	108

ATHLETE NAME _____

TIME _____

A VIDEO LINK MUST BE SUBMITTED WITH YOUR SCORE

OR THE TOTAL REPS COMPLETED AT THE 12 MINUTE TIME CAP _____