



CrossFit LICENSED EVENT | 2023

DUCQ - ELITE INDIVIDUALS & TEAMS

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

WORKOUT DESCRIPTION

WORKOUT 23.2

For total time: (20min CAP)

3 Rounds of:

30 Shuttle Runs (7.5m = 1 rep)

15 Strict Handstand Push-ups

Then straight into,

3 Rounds of:

28/ 22 Calorie Row

4 Handstand Walks (7.5m Laps)

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 15 strict handstand push-ups for 3 rounds. Upon completing the couplet, the athlete will continue to the second portion of the workout: 28/ 22 calorie row and 4 handstand walks (7.5m laps) for 3 rounds.

The athlete's score will be the total time it takes to complete the entire workout, or the total number of reps completed before the 20-minute time cap.

Equipment:

- Concept2 Rower
- Tape to mark the floor for the Handstand Push-ups and Shuttle Runs / Handstand Walks
- Tape measure

Video Submission Standards:

Film the measuring process for the Handstand Push-ups and Shuttle Run/ Handstand Walk tape marks. 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.



Strict Handstand Push-up

Beginning:

- The athlete must perform the handstand push-ups with both hands touching the tape line 250mm from the wall. This tape line must be 760mm long and no wider than 50mm.
- Any part of the athlete's hands may be touching the line, including the fingers.
- Each rep begins with the athlete in the lockout position with the heels against the wall and arms extended.

Middle:

- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- The handstand push-up must be strict. Kipping is NOT allowed. Any rep that is assisted by the hips or legs will not count. Only the heels may touch the wall during the rep.
- The feet may be no wider than the width of the hands at any point.

End:

- Each rep is counted when the athlete returns to the lockout position with the heels on the wall and the arms, hips, and legs fully extended with shoulders in line with the body.





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MOVEMENT STANDARDS

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Row

Beginning:

- The monitor on the rower must be set to zero at the beginning of each round.
- The athlete may have assistance turning the monitor on and setting it to zero.

Middle:

- N/A

End:

- The athlete must stay seated on the rower until the monitor reads 28 / 22 calories.



Handstand Walk

Beginning:

- The athlete must start with their hands (including the fingers) behind the start line.

Middle:

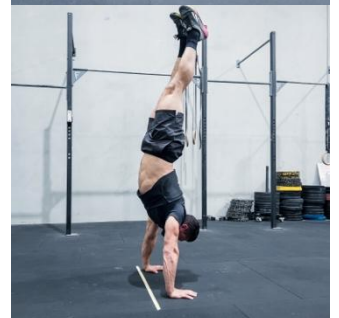
- If at any time the athlete comes down from their hands during the 7.5m section, they must restart from the start line.

End:

- Both hands, including the palms and fingers, must touch the ground completely clear of the line marking the end of the 7.5m length before the feet touch the ground.
- Each 7.5m section will count as 1 rep.

Additional Standards:

- Athletes must handstand walk forward.





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SCORECARD

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

30 Shuttle Runs (7.5m = 1 rep)	
15 Strict Handstand Push-ups	
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15 Strict Handstand Push-ups	
28/ 22 Calorie Row	
4 Handstand Walks (7.5m Laps)	
28/ 22 Calorie Row	
4 Handstand Walks (7.5m Laps)	
28/ 22 Calorie Row	
4 Handstand Walks (7.5m Laps)	

ATHLETE NAME _____

TIME _____

A VIDEO LINK MUST BE SUBMITTED WITH YOUR SCORE

OR THE TOTAL REPS COMPLETED AT THE 20 MINUTE TIME CAP _____

Please Note: If you were time capped, you must add 1 second per rep not completed.
Example: You completed 2 out of the last 4 Handstand Walks, your time is 20:02.