



QUALIFIER WORKOUT 26.1

For time

(15 min Timecap)

Buy in 50 Wallballs
followed by

3-6-9-12-15
Power Snatch
15-12-9-6-3
Handstand Push Ups

followed by
Cash out 50 Wallballs

Elite and RX/Master 35+

Strict HSPU
Weight: 60/40kg
WallBall: 9/6kg

Intermediate

Kipping HSPU
Weight: 50/35kg
WallBall: 9/6kg

Scaled

Wall Walks 5-4-3-2-1 (*instead of HSPU*)
Weight: 35/25kg
WallBall: 6/4kg

Score is your time (or Reps if you hit the Timecap). There is a tiebreak time after the last set of handstand push-ups or wall walks.



Preparation

Video Standards

During the entire workout, the athlete must remain clearly visible on camera at all times. The athlete may not leave the camera frame for any reason.

The camera must be positioned at approximately a 45-degree angle to the wall. This angle must allow judges to clearly see:

- The floor tape lines
- The wall ball target height
- Squat depth during wall balls
- Correct lockout and overhead position during power snatches

Video Resolution

All videos must be recorded in a minimum resolution of 1080p (Full HD). Most modern smartphones can record in 4K, which is strongly recommended. Before recording, check your camera settings and ensure that the video quality is set to either:

- 1080p (Full HD) or
- 4K

Videos recorded in 720p (HD) or lower will not be accepted.

Video Upload

Make sure you upload the video in the highest quality possible. If you have music in the background, make sure to mute the video to prevent any right claims. It is the responsibility of the athlete to provide a valid video link. By participating in the qualifier, the athlete accepts that workouts will be set to 0 if video links do not work. Please double check once you have uploaded your video.



Allowed Equipment

The following equipment may be used:

Barbell

- Loaded to the required workout weight
- Males are using male barbells with 20kg
- Females are using female barbells with 15kg

Handstand Push-Up Setup

- An AbMat may be used.
- A bumper plate may be placed under each hand, provided that the athlete's hands and head start on the same level.
- Stiff or raised AbMats that prevent the head from reaching the same level as the hands are not permitted. Any other mat that prevents the head from being on the same level as the hands is also not allowed.

Wall Ball Target

- Must be set at the prescribed competition height. 10 and 9 feet (3.05/2.74m)

Mandatory Equipment Verification

Before starting the workout, the athlete must clearly film:

- All barbell weights
- All floor tape lines
- The wall ball target and its height

Failure to clearly show any of these items will result in an automatic **major penalty of 15%**.



Workout Flow

Start Position

Before the workout begins, the athlete must stand upright without touching the wall ball. At the command: "3 - 2 - 1 - GO" the athlete may pick up the ball and begin the first set of 50 wall balls. A squat clean into the first wall ball is permitted. The first set of wall balls is complete when the ball successfully hits the target on the 50th repetition.

Middle Section

After completing the first 50 wall balls, the athlete moves immediately into the alternating section:

Round 1

- 3 Power Snatches
- 15 Handstand Push-Ups / 5 Wall Walks

Round 2

- 6 Power Snatches
- 12 Handstand Push-Ups / 4 Wall Walks

Round 3

- 9 Power Snatches
- 9 Handstand Push-Ups / 3 Wall Walks

Round 4

- 12 Power Snatches
- 6 Handstand Push-Ups / 2 Wall Walks

Round 5

- 15 Power Snatches
- 3 Handstand Push-Ups / 1 Wall Walks

The athlete must complete each movement before advancing to the next. The middle section is complete after finishing the final round of 15 Power Snatches followed by 3 Strict Handstand Push-Ups.

Cash out

After completing the middle section, the athlete must perform another set of 50 wall balls. A squat clean into the first wall ball is again permitted. The workout is complete when the ball successfully hits the target on the 50th repetition of the final wall ball set.



Movement Standards

Strict Handstand Push-Up

- The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall. This tape line must not be wider than 30 inches (76 centimeters). Any portion of the athlete's hands may be touching the line (fingers ok). If you are using plates and an Abmat you are still required to put the tape lines.
- Start Position: Athlete kicking up to the wall into a handstand hold with arms, chest and hips fully extended
- The athlete lowers the body to the ground with the head clearly hitting the floor
- The athlete will then press back up without using any kip or help of the lower extremity
- Finish Position: Handstand hold with arms, chest and hips fully extended

Kipping Handstand Push-Up

- The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall. This tape line must not be wider than 30 inches (76 centimeters). Any portion of the athlete's hands may be touching the line (fingers ok). If you are using plates and an Abmat you are still required to put the tape lines.
- Start Position: Athlete kicking up to the wall into a handstand hold with arms, chest and hips fully extended
- The athlete lowers the body to the ground with the head clearly hitting the floor
- The athlete will then press back up. Usage of a kip or any help of the lower extremity is allowed
- Finish Position: Handstand hold with arms, chest and hips fully extended, feet clearly touching the wall.

Wall walks

- Mark two tape lines on the floor to define the start-finish-line as well as the top-position-line. The start-finish-line is further away from the wall: the outside edge of this tape is at exactly 100 cm. This start-finish-line is at the same distance for all genders and will be the start and finish for each repetition.
- The top-position-line is closer to the wall. Mark a second tape with a distance of 65 cm between the wall and the outside edge of the tape. It is 65cm for all genders
- Every rep begins and ends with the athlete lying on the ground, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the start-finish-line, not touching the line (with no part of your hands).



Both hands must remain in front of the start-finish-line until both feet are on the wall. At the top of the movement, both hands must touch the top-position-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 in front of the start-finish-line.

Wall Ball Shot

- Start Position: Medicine ball in front rack position. Squat clean is allowed as a first rep as long as the athlete hits the full squat depth
- Bottom Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Equator of medicine ball hitting target height or above at some point
- Note: Anytime the ball is taken from the floor the ball needs to come to a full stop, no bouncing off the floor. Once the ball is settled on the floor a squat clean is permitted
- Men throw to a 10 feet target (3.05 meter), Women throw to a 9 feet target (2.74 meter)

Power Snatch

- Start: Bar resting on the floor
- Finish: Athlete standing fully upright with knees, hips and arms fully extended with bar overhead in the center of the body, the athlete must show control at the end of the position before descending the barbell for the next rep.
- Catching position: The hips and knees must be greater than 90 degrees for a rep to count.
- Muscle snatch is permitted



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For Time (15min TC)
Score: Time (or Reps if you hit the Timecap)

Buy in: 50 Wallballs									
5	5	5	5	5	5	5	5	5	5
5	10	15	20	25	30	35	40	45	50

3 Power Snatch			15 HSPU		
3	3	3	3	3	3
53	56	59	62	65	68
6 Power Snatch		12 HSPU			
3	3	3	3	3	3
71	74	77	80	83	86
9 Power Snatch			9 HSPU		
3	3	3	3	3	3
89	92	95	98	101	104
12 Power Snatch				6 HSPU	
3	3	3	3	3	3
107	110	113	116	119	122
15 Power Snatch					3 HSPU
3	3	3	3	3	3
125	128	131	134	137	140
Tiebreak time					

Cash out: 50 Wallballs									
5	5	5	5	5	5	5	5	5	5
145	150	155	160	165	170	175	180	185	190

Time:	
or Reps:	



Qualifier Workout 26.1 Scaled
For Time (15min TC)
Score: Time (or Reps if you hit the Timecap)

Buy in: 50 Wallballs									
5	5	5	5	5	5	5	5	5	5
5	10	15	20	25	30	35	40	45	50

3 Power Snatch			5 Wall Walks			
3	1	1	1	1	1	
53	54	55	56	57	58	

6 Power Snatch		4 Wall Walks			
3	3	1	1	1	1
61	64	65	66	67	68

9 Power Snatch			3 Wall Walks		
3	3	3	1	1	1
71	74	77	78	79	80

12 Power Snatch				2 Wall Walks	
3	3	3	3	1	1
83	86	89	92	93	94

15 Power Snatch					1 Wall Walk	1 Tiebreak time
3	3	3	3	3	1	
97	100	103	106	109	110	

Cash out: 50 Wallballs									
5	5	5	5	5	5	5	5	5	5
115	120	125	130	135	140	145	150	155	160

Time:	
or Reps:	