



Firebreathers

EVENT 2

WOD 3+4+5+6+7

16 min Running Clock:

WOD 3: 8min 3RM Thruster from ground

WOD 4: Athlete A, 90s, max Ring Muscle-Ups

WOD 5: Athlete B, 90s, max L-Sit Hold

WOD 6: Athlete C, 90s, max alternating Pistols

WOD 7: Athlete D, 90s, max DU's

General Notes:

*only one Athlete is working at a time

*WOD 4-7: Each athlete chooses a WOD, no athlete can do two WODs

*30s Transition between WODs

*Athletes start in standing position without touching any equipment

*1 Male bar

WOD 3 Notes:

*In case of a no rep, athletes can keep on going, as long as the bar is not back on the ground

WOD 5 Notes:

*the longest attempt counts

Score of WOD 3:

Average total Male + average total Female in kg

Score of WOD 4: Total Reps

Score of WOD 5: Best attempt in seconds

Score of WOD 6: Total Reps

Score of WOD 7: Total Reps

PRESENTED BY

Reebok 

cross equip
built to max your limits

 **BoxTrend.ch**

foodspring[®]
finest fitness food

POWERDOT 

ORGANIZED BY





Firebreathers

EVENT 2

WOD 3+4+5+6+7

PRESENTED BY
Reebok 

cross equip
built to max your limits

 **BoxTrend.ch**

foodspring[®]
finest fitness food

POWERDOT 

ORGANIZED BY



Standards

Thruster :

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead in one motion. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed.

The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

If an athlete gets no repped, he or she can redo the rep as long as he or she keeps the barbell in the front rack.

Ring Muscle Up:

In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and the feet off the ground.

The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

L-Sit Hold:

Hands on two 10kg plates, wide enough you can sit in between. Press up to have your entire body in the air. Legs must never bend more than 90 degrees and as soon as a part of your body touches the ground, the attempt is over (not counting hands on the plate ;)).

Alternating Pistols:

You may hold the foot of the opposite (non-supporting) leg with your hand while performing the one-legged squat. The one-legged squat begins and ends with the athlete standing and the hip fully open and knee fully locked out on the squatting leg. The hip must pass below parallel at the bottom of the repetition. The non-supporting foot must be in front of the supporting foot during the entire repetition.



Firebreathers

EVENT 2

WOD 3+4+5+6+7

Double Under:

These are standard double-unders, with the rope passing twice around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear the feet twice. Attempts where the rope catches before clearing twice do not count. Athletes are permitted to use their own ropes.

PRESENTED BY

Reebok 

cross equip
built to max your limits

 **BoxTrend.ch**

foodspring[®]
finest fitness food

POWERDOT 

ORGANIZED BY

