



**Firebreathers**

# EVENT 3

## WOD 8+9

**WOD 8 (time cap 24 min) + WOD 9 (amrap 24 min)**

### WOD 8, for Time:

45-36-27 reps of:  
Handstand Push-Ups  
DB Snatch 20/15kg

30-24-18 reps of:  
KB Shoulder to Overhead 24/16kg  
KB Overhead Walking Lunges

15-12-9 reps of:  
Bar Muscle-Up  
Squat Snatch 60/40kg

### **TIEBREAK TIME (don't forget to write it down)**

In the remaining time:  
10 Box Jumps 76/61cm  
10 Deadlift 120/80kg  
10 Box Jumps 76/61cm  
8 Deadlift 140/92.5kg  
10 Box Jumps 76/61cm  
6 Deadlift 160/105kg  
10 Box Jumps 76/61cm  
4 Deadlift 180/120kg  
10 Box Jumps 76/61cm  
2 Deadlift 200/135kg

### WOD 9:

Row for kcal

### WOD 8/9 Notes:

- \*WOD 8 + 9 happen simultaneously
- \*1 Rower, 1 Male and 1 female bar, 1 KB/DB each weight, a maximum of 1 Pull-up bar, 1 station for the HSPU (90x60cm), one male/female box each per Team
- \* Athletes start in standing position without touching any equipment
- \* no minimum work requirement per athlete
- \*only one Athlete is working at a time (and one on the rower)
- \*Teams can change bars any time they want
- \*Walking Lunges: 6m increments (1m=1rep)

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## WOD 9 Notes:

- \* no minimum requirement, athletes can switch as often as they want
- \* Only one person can be on the rower at a time. No rowing when not seated on the rower

**Score of WOD 8:** Time

**Score of WOD 9:** Total kcal

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## Standards

### **Handstand Push Up:**

The movement begins at the top of a handstand with the arms fully locked out, ONLY the heels (butt off) on the wall, and the hands placed clearly within the marked area. The marked area will be approximately 90 cm wide by 60 cm deep, and the palm of the hand must remain completely within the taped area (fingers may extend over the tape). At the bottom of each rep, the head touches the ground. At the top of each rep, the arms return to fully locked out with ONLY the heels (butt off) on the wall. The heels must remain within the width of the marked area throughout the entire rep. Kipping is allowed as long as the other requirements are met.

### **DB Snatch:**

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.

### **KB shoulder to overhead:**

The KB starts from a racked position on the shoulders, you are allowed to make a strict press, push press or push jerk but the hips, knees and arms must be fully extended in the overhead position.



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### KB Overhead Walking Lunge:

Each lunge begins with the KB above the head, the feet together, and the athlete standing tall.

A lunge rep will count when both heels are past the line, the athlete is standing tall with the KB above the head and all standards for the repetition have been met.

The trailing knee must make contact with the ground at the bottom of each lunge. The KB must remain above the head. Walking lunges are required. Lunging in place is not allowed. The rep ends with the KB above the head and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not allowed. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the KB above the head for the entire rep, the athlete must restart from behind the last 1m increment they successfully crossed. Similarly, if at any time during the lunge the KB is lowered from above the head, the athlete must restart from behind the last 1m increment they successfully crossed.

### Bar Muscle Up:

In the bar muscle-up, you must pass from a hang below the bar to support above it. At the bottom, the arms must come to a full lock out with the feet off the ground. At the top, the elbows must fully lock out while supporting yourself above the bar. A kipping muscle-up is allowed, but the heels may not raise above the height of the bar. Swings or rolls to support are not permitted (if the athlete is kipping, a change of direction under the bar is required).

### Squat Snatch:

The barbell begins on the ground and must be lifted overhead in one smooth motion passing the bottom position of an overhead squat. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a no rep.

At the bottom, the hip crease must be below parallel. Touch-and-go is permitted. No bouncing.

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



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### **Box jumps:**

Every rep must begin with both feet on the floor. Athletes must jump up with two feet. The rep finishes with the hips and knees fully open while in control on top of the box. You may jump or step down. Reaching full extension only in the air while jumping down is a no-rep.

### **Deadlift:**

Hands outside the knees. Sumo DL is not allowed. Starting at the floor, the bar is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout: Excessive bouncing to the extent of bent arms in the bottom position is not permitted. Dropping the bar is allowed.

### **Row:**

The damper setting and foot positions may be adjusted by the athlete at any time before and during the row.

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