



Regulars

EVENT 1

WOD 1+2

20 min Running Clock

WOD 1

10 min amrap Athlete A/B:

EMOM

4 Synchronized Burpee Box Jump Over 51/41cm

10-20-30-40 reps of:

Jumping Pull-ups

Barbell Thruster 20/15kg

remaining time:

Amrap Synchronized Burpee Box Jump Over 51/41cm

WOD 2

10 min amrap Athlete C/D:

EMOM

4 Synchronized Burpee Box Jump Over 51/41cm

10-20-30-40 reps of:

Hanging knee raise

Clean 30/20kg

remaining time:

Amrap Synchronized Burpee Box Jump Over 51/41cm

General Notes:

*1 Male and 1 female bar

*Teams can change bars any time they want

*Athletes start in standing position without touching any equipment

WOD 1+2 Notes:

*Only one Athlete is working at a time

*There is no minimum requirement for each athlete (only the BBJO!), athletes can switch as often as they want

*Synchronized BBJO: Ground/Top of box athletes need to be sync

Score WOD 1: Total Reps in 10min

Score WOD 2: Total Reps in 10min

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Standards

Jumping Pull Ups:

These are standard chin over bar jumping pull-ups. Full extension of the arms must be reached at the bottom. At the top, the chin must pass the horizontal plane of the bar. Any grip on the bar is allowed as long as these standards are met. When standing with body and arms fully extended, your forearm must touch the bar somewhere between wrist and middle of your forearm.

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.

Hanging Knee Raise :

The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

At the top of the repetition the athlete must raise their knees above the height of their hips.

Clean:

In the Clean the barbell goes from ground to shoulders in one motion. A deadlift and hang power clean is not allowed. A Squat clean is allowed.

At the top the hips and the knees are fully extended, the bar rests on the shoulders with the elbows clearly in front of the bar.

Burpee Box Jump Over:

To start with, the athletes hip and chest (nipple-line or above) must touch the ground. The athletes must then stand up and jump or step up on the box. The rep finishes when the athletes hit the ground on the other side of the box. You may jump or step down. Athletes need to be synchronized on the ground (eg



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WOD 1+2

both athletes hip/chest on the ground) and on the top of the box (eg four feet on the box).

Athletes must face the box in the burpee. No hip extension is required on the box.

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