



Regulars

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 Toes to rings

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

WOD 6: Athlete C, 90s, max Wall Balls

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

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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

WOD 6 Notes:

Men: 3 m Target, 20 LB / Women: 2.7 m Target, 14 LB

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

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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.

Toes to rings:

In the toes-to-rings, the athlete must go from a full hang to having the toes go through the rings. Both feet must be through the rings at the same time,. The arms and hips must be fully extended at the bottom, and the feet must be brought back behind the body.

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 ;)).

Wall Balls:

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.

The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Men: 3 m Target, 20 LB / Women: 2.7 m Target, 14 LB

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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.

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