Regulars

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:
Handrelease Push-Ups
DB Snatch 15/10kg

30-24-18 reps of:
KB Shoulder to Overhead 16/12kg
KB Front Rack Walking Lunges

15-12-9 reps of:
Pull-ups
Squat Snatch 30/20kg

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

In the remaining time:
10 Box Jumps 61/51cm
10 Deadlift 80/55kg
10 Box Jumps 61/51cm
8 Deadlift 92.5/62.5kg
10 Box Jumps 61/51cm
6 Deadlift 105/70kg
10 Box Jumps 61/51cm
4 Deadlift 120/80kg
10 Box Jumps 61/51cm
2 Deadlift 135/90kg

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, 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)

PRESENTED BY
Reebok

cross equip
built to max your limits

BoxTrend.ch

foodspring®
finest fitness food

POWERDOT

ORGANIZED BY

CROSSFIT
EST.
BASEL
2009

CrossFit
LEMAN
REVEAL YOUR STRENGTH

Regulars

EVENT 3

WOD 8+9

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

Regulars

EVENT 3
WOD 8+9

Standards

Hand Release Push Up:
A straight body position must be maintained throughout. No snaking, sagging or pushing up from the knees. The elbows and shoulders must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple-line or above) must touch the floor and the hands must be taken off the gorund.

Feet cannot leave the ground.

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.

PRESENTED BY

Reebok

cross equip
built to max your limits

BoxTrend.ch

foodspring®
finest fitness food

POWERDOT

ORGANIZED BY

EST.
CROSSFIT
BASEL
2009

CrossFit
LEMAN
REVEAL YOUR STRENGTH

Regulars

EVENT 3
WOD 8+9

KB Front Rack Walking Lunge:

Each lunge begins with the KB in front of the body, the feet together, and the athlete standing tall. A goblet, front rack or any other position with the KB in front of the body is allowed. A lunge rep will count when both heels are past the line, the athlete is standing tall with the KB in front of the body 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 in front of the body. Walking lunges are required. Lunging in place is not allowed. The rep ends with the KB in front of the body 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 in front of the body 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 not in front of the body, the athlete must restart from behind the last 1m increment they successfully crossed.

Pull Ups:

Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At the bottom, the arms must be fully extended. At the top, the chin must pass the horizontal plane of the bar.

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. A power snatch followed by an overhead squat is allowed.

Regulars

EVENT 3
WOD 8+9

Box jumps:
Every rep must begin with both feet on the floor. Athletes must jump or step 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.

PRESENTED BY

Reebok

cross equip
built to max your limits

BoxTrend.ch

foodspring®
finest fitness food

POWERDOT

ORGANIZED BY

EST.
CROSSFIT
BASEL
2009

CrossFit
LEMAN
REVEAL YOUR STRENGTH