



# EVENT 3

WOD 8 / 9

FIREBREATHERS

**WOD 8 - MAX FOR TIME OR REPS / TIME CAP: 24MIN**

MOVEMENTS	45	36	27		
HANDSTAND PUSHUPS					
DB SNATCH MALE: 20KG FEMALE: 15KG					
<b>POSSIBLE REPS</b>	<b>90</b>	<b>162</b>	<b>216</b>		
MOVEMENTS	30	24	18		
KB SHOULDER TO OVERHEAD MALE: 24KG FEMALE: 16KG					
KB OH. WALKING LUNGES MALE: 24KG FEMALE: 16KG					
<b>POSSIBLE REPS</b>	<b>276</b>	<b>324</b>	<b>360</b>		
MOVEMENTS	15	12	9		
BAR MUSCLE UPS					
SQUAT SNATCH MALE: 60KG FEMALE: 40KG					
<b>POSSIBLE REPS</b>	<b>390</b>	<b>414</b>	<b>432</b>		
<b>MOVEMENTS REP SCHEME</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>
BOX JUMPS MALE: 76CM FEMALE: 61CM					
<b>REPS CONTINUED</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
DEADLIFTS RAISING IN WEIGHT EACH ROUND					
	120KG / 80KG	140KG / 92,5KG	160KG / 105KG	180KG / 120KG	200KG / 135KG
<b>POSSIBLE REPS</b>	<b>452</b>	<b>470</b>	<b>486</b>	<b>500</b>	<b>512</b>

**YOUR WOD 8 SCORE:  
FOR TIME OR REPS**

**WOD 9 - MAX CALORIES ROWED / TIME CAP: 24MIN**

MOVEMENTS	TOTAL CALORIES ROWED
ROW FOR MAX CALORIES	

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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**SWISS  
TEAM  
CHALLENGE  
24.06.17**

**W O D 8 - FOR TIME THEN REPS**  
**24 MINUTES TIME CAP**

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)

**SCORE - TIME COMPLETED OR REPS COMPLETED AT TIME CAP**

**W O D 9 - FOR TOTAL CALS**

No minimum requirement, athletes can switch as often as they want