

STICH 2018

Rookies

EVENT 1 WOD 1

25 min Running Clock

For reps:

Team Angie

80 sync air squats

80 sync sit ups (touch)

80 sync knee push-ups (touch)

80 sync jumping pull-ups

Partner Karen

100 Wall Ball Shots alternating 10lb to 9ft

«Nate»

(Share as needed)

Complete as many rounds in remaining time as you can of:

2 Jumping Chest to Bar

4 Push Press 20/15kg

8 Russian Kettlebell swings 12/8kg

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HOW DO I ENTER MY SCORE ?

WOD 1 = Total of reps

If you completed «team Angie» and «Partner Karen» and did 3 full rounds + 2 Jumping Chest to Bar of «Nate» your score will be:

Team Angie 320 reps

Partner Karen 100 reps

Nate (14+14+14+2) 44 reps

Score to enter

464 reps

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Standards

Sync Air Squat:

This is a standard Air Squat. The hip crease must clearly pass below the top of the knees in the bottom position.

The athlete must come to a full lockout with the hips and knees fully extended.

The athletes must hit depth AND lockout at the same time.



Sync Situps:

This is a standard sit-up. The athletes are seated facing each other. Both hands must touch the floor behind their head at the start and they must touch their two hands on top of the sit up with the shoulder clearly past the hip for the rep to count. Both athletes must use an abmat.



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Sync Push Up on knee:

A straight body position must be maintained throughout (knees to shoulders). The elbows and shoulders must be locked out at the top. At the bottom, the chest (nipple-line or above) and the hip must touch the floor.

The athletes must touch their hands at the top (eg clap).



Sync Jumping Pull Ups:

These are standard 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.

The athletes chins must pass the horizontal plane of the bar at the same time.



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Alternating Wall Balls shots:

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.

Athletes must alternate Wall Ball Shots.

Rookies: 2.7 m Target, 10 LB



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Jumping Chest to bar Pull Ups:

These are standard chest to bar jumping pull-ups. Full extension of the arms must be reached at the bottom. At the top, the chest must touch the bar underneath the collar bone. 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.



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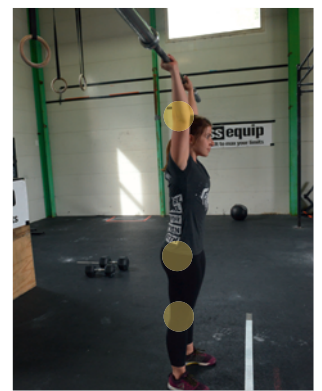
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Push-press:

Each rep of the push press begins with the barbell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.

At the top, the arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted.



Kettlebell Russian Swings:

The movement starts with the Kettlebell (KB) on the floor. The athlete must pick up the KB, and swing the KB from between the legs to clearly above shoulder height. The athlete must show straight arms at the top of the movement. At the top of the swing, knees and hips must be fully extended and the KB must be clearly above shoulder height.





EVENT 1

FOR TOTAL REPS / TIME CAP: 25MIN RUNNING CLOCK

MOVEMENTS - PART A - TEAM ANGIE	REPS COMPLETED								POSS
80 SYNC AIR SQUATS									80
80 SYNC SIT UPS - TOUCH									160
80 SYNC KNEE PUSH UPS - TOUCH									240
80 SYNC JUMPING PULL-UPS									320
MOVEMENTS - PART B - PARTNER KAREN	REPS COMPLETED								POSS
100 WALL BALL SHOTS ALT. 10LB BALL ALTERNATING PARTNERS TO 9FT TARGET									420
MOVEMENTS - PART C - "NATE"	1	2	3	4	5	6	7	8	
2 JUMPING CHEST TO BAR PU									
4 PUSH PRESS MALE: 20KG FEMALE: 15KG									
8 RUSSIAN KB SWINGS MALE: 12KG FEMALE: 8KG									
POSSIBLE REPS	434	448	462	476	490	504	518	532	

**YOUR WOD 1 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BY THE TEAM BEFORE THE TIME CAP

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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