

WOD 3+4

24 minutes running clock

Wod 3: Amrap + Wod 4: For calories

WOD 3

- 180 Double Unders
 - 60 DB Snatch
 - 40 Handstand Push-ups
 - 40 Toes to bar
 - 30 synchro DB Box Step Over
 - 60 Single arm DB Hang Clean + STOH
 - 40 Strict Handstand Push-ups
 - 40 Pull-ups
 - 180 Double Unders
 - 60 Single arm DB Devil Press
 - 40m HS Walk
 - 40 CTB Pull-ups
 - 30 synchro DB Box Step Over
- AMRAP in the remaining time:**
- 30 Single arm DB Thruster
 - 15 Bar Muscle Up
 - 5 Unbroken Slalom HS Walk

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WOD 4

Row for calories

Weight for dumbbell movements:

Firebreathers 22.5/15 kg

Box height [same for male/female]:

Firebreathers 61 cm [24"]

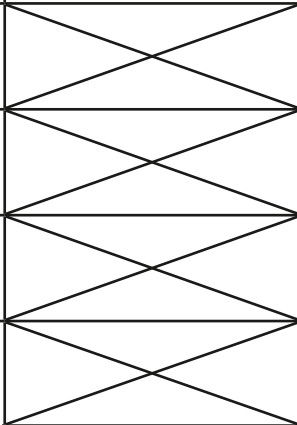
HOW DO I ENTER MY SCORE ?

WOD 3 = Total of reps at 24:00

For ex: if you finish the 15 bar MU in part 4

Score to enter (reps) 905

WOD 4 = Total of calories on the rower at 24:00

WOD 3				
	180 DOUBLE UNDERS	60 DB SNATCH	40 HSPU	40 TOES TO BAR
PART 1	180	240	280	320
INTO	30 SYNCHRO DB BOX STEP OVER	60 SINGLE ARM DB HANG CLEAN+STOH	40 STRICT HSPU	40 PULL UP
PART 2	350	410	450	490
INTO	180 DOUBLE UNDERS	60 SINGLE ARM DB DEVIL PRESS	40 METER HS WALK [=16 REPS X 2.5M]	40 CTB PULL-UPS
PART 3	670	730	746	786
INTO	30 SYNCHRO DB BOX STEP OVER	30 SINGLE ARM DB THRUSTER	15 BAR MUSCLE UP	5 SLALOM HS WALK
PART 4	816	846	861	866
THEN AMRAP		896	911	916
		946	961	966
		996	1011	1016
		1046	1061	1066
	SCORE WOD 3 :			

CATEGORY: ☐ FIREBREATHERS

WOD 3: Reps

WOD 4: Calories

TEAM name:

TEAM signature:

JUDGE name:

WOD 3+4

24 minutes running clock

Wod 3: Amrap + Wod 4: For calories

WOD 3

- 120 Double Unders
 - 60 DB Snatch
 - 40 Handstand Push-ups*
 - 40 Hanging knee raise
 - 30 synchro DB Box Step Over
 - 60 Single arm DB Hang Clean + STOH
 - 40 Strict Handstand Push-ups*
 - 40 Jumping Pull-ups
 - 120 Double Unders
 - 60 Single arm DB Devil Press
 - 40 Pull-ups
 - 20 Wall Walks - Regulars
 - 30 synchro DB Box Step Over
- AMRAP in the remaining time:**
- 30 Single arm DB Thruster
 - 15 CTB Pull-ups
 - 25m HandStand Walk

* check standars for a scaled version of these movements

WOD 4

Row for calories

Weight for dumbbell movements:

Regulars 15/10 kg

Box height [same for male/female]:

Regulars 51 cm [20"]

HOW DO I ENTER MY SCORE ?

WOD 3 = Total of reps at 24:00

For ex: if you finish the 25 meters hs walk in part 4

Score to enter (reps) 750

WOD 4 = Total of calories on the rower at 24:00

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WOD 3				
	120 DOUBLE UNDERS	60 DB SNATCH	40 HSPU* (5 BBJ = 1 REP)	40 HANGING KNEE RAISE
PART 1	120	180	220	260
INTO	30 SYNCHRO DB BOX STEP OVER	60 SINGLE ARM DB HANG CLEAN+STOH	40 STRICT HSPU* (5 BBJ = 1 REP)	40 JUMPING PULL-UPS
PART 2	290	350	390	430
INTO	120 DOUBLE UNDERS	60 SINGLE ARM DB DEVIL PRESS	40 PULL-UPS	20 WALL WALKS REGULAR
PART 3	550	610	650	670
INTO	30 SYNCHRO DB BOX STEP OVER	30 SINGLE ARM DB THRUSTER	15 CTB PULL-UPS	25M HANDSTAND WALK (=10 REPS X 2.5M)
PART 4	700	730	745	755
THEN AMRAP		785	800	810
		840	855	865
		895	910	920
		950	965	975
SCORE WOD 3:				

CATEGORY: ☐ REGULARS

WOD 3: Reps

WOD 4: Calories

TEAM name:

TEAM signature:

JUDGE name:

WOD 3+4

24 minutes running clock

Wod 3: Amrap + Wod 4: For calories

WOD 3

- 120 Single Unders
- 50 DB Snatch
- 30 Handrelease Push-ups on knees
- 30 Hanging knee raise
- 30 synchro DB Box Step Over
- 50 Single arm DB Hang Clean + STOH
- 30 Handrelease Push-ups
- 30 Jumping Pull-ups
- 120 Single Unders
- 30 Single arm DB Devil Press
- 50m Bear Crawl
- 30 Jumping CTB Pull-ups
- 30 synchro DB Box Step Over

AMRAP in the remaining time:

- 20 Single arm DB Thruster
- 5 Wall Walks - Rookie
- 5 Pull-ups*

* check standars for a scaled version of these movements

WOD 4

Row for calories

Weight for dumbbell movements:

Regulars 10/5 kg

Box height [same for male/female]:

Regulars 40 cm (15")

HOW DO I ENTER MY SCORE ?

WOD 3 = Total of reps at 24:00

For ex: if you finish the 5 wall walk in part 4

Score to enter (reps) 655

WOD 4 = Total of calories on the rower at 24:00

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WOD 3				
	120 SINGLE UNDERS	50 DB SNATCH	30 HR PUSH-UPS ON KNEES	30 HANGING KNEE RAISE
PART 1	120	170	200	230
INTO	30 SYNCHRO DB BOX STEP OVER	50 SINGLE ARM DB HANG CLEAN+STOH	30 HR PUSH-UPS	30 JUMPING PULL-UPS
PART 2	260	310	340	370
INTO	120 SINGLE UNDERS	30 SINGLE ARM DB DEVIL PRESS	50M BEAR CRAWL (=20 REPS X 2.5M)	30 JUMPING CTB PULL-UPS
PART 3	490	520	540	570
INTO	30 SYNCHRO DB BOX STEP OVER	20 SINGLE ARM DB THRUSTER	5 WALL WALKS ROOKIE	5 PULL-UPS*
PART 4	600	620	625	630
THEN AMRAP		650	655	660
		680	685	690
		710	715	720
		740	745	750
SCORE WOD 3:				

CATEGORY: ☐ ROOKIES

WOD 3: Reps

WOD 4: Calories

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Double unders:

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.

Single unders:

These are standard single unders, with the rope passing once around the body in a forward motion with each jump. Swinging the rope backwards is not permitted. Attempts where the rope catches before clearing once do not count.

Dumbbell 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. The hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body. 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. The non-lifting hand and arm may not be in contact with the body during the repetition.

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Strict Handstand push up:

Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, ONLY the heels [butt off] in contact with the wall, the hips open, and the body in line with the arms. The feet must remain inside the width of the hands throughout the repetition, the hands placed clearly within the marked area. The marked area will be 90 cm wide by 60 cm deep, and the palm of the hand must remain completely within the taped area [fingers may extend over the tape].

At the bottom of each rep, the head touches the ground. At the top of each rep, the arms return to fully locked out with ONLY the heels [butt off] on the wall. The heels must remain within the width of the marked area throughout the entire rep. At the bottom, the athlete's head must make contact with the ground or target. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must

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begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms, and heels touching the wall. Kipping is not allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.

For the Regular category, 5 burpee box jumps may be performed as a substitute for 1 handstand push up.

[Kipping] Handstand push up:

Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, ONLY the heels [butt off] in contact with the wall, the hips open, and the body in line with the arms. The feet must remain inside the width of the hands throughout the repetition, the hands placed clearly within the marked area. The marked area will be 90 cm wide by 60 cm deep, and the palm of the hand must remain completely within the taped area [fingers may extend over the tape].

At the bottom of each rep, the head touches the ground. At the top of each rep, the arms return to fully locked out with ONLY the heels [butt off] on the wall. The heels must remain within the width of the marked area throughout the entire rep. At the bottom, the athlete's head must make contact with the ground or target. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms, and heels touching the wall. Kipping / assisting by the hips and legs is allowed.

For the Regular category, 5 burpee box jumps may be performed as a substitute for 1 handstand push up.

Hand release knee push up:

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 and the hands must be taken off the ground.

Toes to bar:

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and

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hips must be fully extended at the bottom, and the feet must be brought back behind the bar and behind 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.

Synchronized dumbbell box step-over:

For two athletes: The synchro dumbbell box step-over begins for each athlete with both feet on the ground and the dumbbell in the athlete's hand.

When stepping up and over, both feet of each athlete must make contact with the top of the box. There is no requirement to stand tall while on top of the box. The rep will be counted when all of the athlete's feet touch the ground on the other side of the box.

Single arm dumbbell hang clean to shoulder to overhead:

After the dumbbell is lifted off the floor, the athlete must pause with the dumbbell at the hang position, either at his or her side or between the legs. From there, the athlete performs a clean, finishing tall and fully extended and with the dumbbell on the shoulder and elbow in front of the dumbbell. (either a power or a squat clean is permitted)

The shoulder to overhead can be a shoulder press (pressing the dumbbell directly overhead and finishing with the arm locked out), a push press (push pressing the dumbbell directly overhead and finishing with the arm locked out) or a (push) jerk (push press- and re-dip catching the dumbbell with the arm locked out) The repetition is given when the hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body.

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 ground. Feet cannot leave the ground.

Pull ups:

These are standard pull-ups. Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At

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the bottom, the arms must be fully extended. At the top, the chin must pass the horizontal plane of the bar.

Jumping pull ups:

These are standard jumping pull-ups. Height of the pull-up bar: when standing with body and arms fully extended, your forearm must touch the bar somewhere between wrist and middle of your forearm. During the repetition, at the bottom, full extension of the arms must be reached. 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.

Single arm dumbbell devil press:

The devil press is a combination of a dumbbell burpee and a dumbbell snatch. The athlete starts each repetition with the dumbbell on the ground. Always with the hand on the dumbbell, he or she performs a burpee, chest making contact with the floor. From here, the athlete jumps forward [hand stays all the time on the dumbbell!] Then, the athlete can snatch or swing the dumbbell from the floor and finishes locked out overhead, with hips, knees, shoulders, and arm at full extension. The dumbbell must come in one motion [no pausing at the shoulder to press the weight] to a full lockout overhead. The repetition is given when the hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body.

Handstand walk:

The handstand walk area must be divided into two 2.5m segments visibly marked on the floor. Ideally, the lane will have two consecutive segments, allowing a 5m walk in one direction and a 5m walk back. Walking more than 5m in one direction without turning around is not allowed.

The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands [entire hand, including palm and fingers] must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.

If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 2.5m increment to earn credit for that distance. Each 2.5m section will count as 1 rep.

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Wall walks - Regular:

The athlete must start face down on the floor with feet touching the wall and hands off the ground [hand release]. At the top of the movement, both hands must be touching the 25cm tape mark before the athlete can descend. Any part of the hand may touch the tape line. **The tape will be marked at 25 cm from the wall.**

Wall walks - Rookie:

The athlete must start face down on the floor with feet touching the wall and hands off the ground [hand release]. The repetition ends with the athlete's feet above the ground, and both hands must be touching the 1m tape mark before the athlete can descend. Any part of the hand may touch the tape line. **The tape will be marked at 1m from the wall.**

Bear crawl:

The bear crawl area must be divided into two 2.5m segments visibly marked on the floor. Ideally, the lane will have two consecutive segments, allowing a 5m crawl in one direction and a 5m crawl back. Crawling more than 5m in one direction without turning around is not allowed.

The athlete must place both hands [entire hand, including palm and fingers] on the ground BEHIND the mark denoting the start of the segment being attempted. Reaching across the line and placing hands into the segment constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms.

If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, he or she must restart from the last increment crossed. Both hands and both feet must cross the line marking the 2.5m increment to earn credit for that distance. Each 2.5m section will count as 1 rep.

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.

Synchronized dumbbell box step-over:

The synchro dumbbell box step-over begins for each athlete with both feet on the ground and the dumbbell in the athlete's hand. When stepping up and over, both feet of each athlete must make

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contact with the top of the box. There is no requirement to stand tall while on top of the box. The rep will be counted when all of the athlete's feet touch the ground on the other side of the box.

Single arm dumbbell thruster :

Referring to a standard barbell thruster the dumbbell moves from the bottom of a front squat to full lockout overhead in one motion. The first repetition starts with the dumbbell on the ground. A full squat clean into the thruster is allowed. In each repetition, the dumbbell has to be held in a front-rack-position during the squat. The hip crease must clearly pass below the top of the knees in the bottom position. Using a ball, box or other object to check for proper depth is not allowed.

The dumbbell must come in one motion to a full lockout overhead. The hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep." The non-lifting hand and arm may not be in contact with the body during the repetition or give any assistance moving or holding the dumbbell.

Bar muscle up:

In the bar muscle-up, the athlete must pass from a hang below the bar to support above it. At the bottom, the arms must come to a full lock out with the feet off the ground. At the top, the elbows must fully lock out. A kipping muscle-up is allowed, but the heels may not raise above the height of the bar. Swings or rolls to support are not permitted (if the athlete is kipping, a change of direction under the bar is required).

Chest to bar pull ups:

These are standard chest to bar pull-ups. Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. 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.

Slalom handstand walk:

The handstand walk area must be divided into 2 segments with 3 obstacles on the ground, allowing a 5m walk in one direction and a 5m walk back.

The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a

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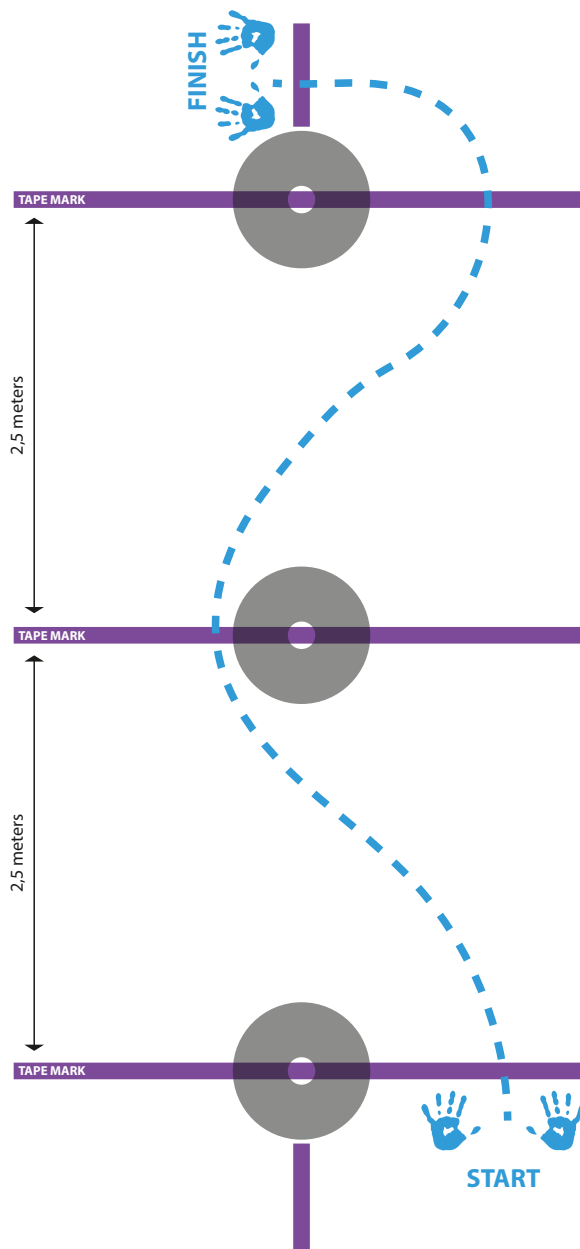


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no rep. The slalom must be done unbroken from start to finish to count as a rep. Athlete may start left or right



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built to max your limits

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Rowing for calories:

The damper setting and foot positions may be adjusted by the athlete at any time before and during the row.

The monitor on the rower must be set to zero calories at the beginning of the workout. The athlete who rows first may sit on the rower and get ready but shouldn't touch the handles till the clock says „go“. During the workout, athletes are allowed to switch and share their rowing work as they want to. The final result is the number of calories at the end of the workout after 24minutes.

WOD 3+4

SPECIAL NOTES

For Regulars

* Burpee box jump:

If you cannot do the handstand pushup or strict handstand push ups. You can substitute them with that movement.

5 burpee box jumps = 1 hspu or strict handstand pushup

Athlete will jump or step his feet back so that he is lying on the ground. Hips/thighs and chest (nipple-line or above) must touch the ground. From there, the athlete jump or step forward to stand up. The athlete can either jump or step up on the box. The repetition is given when the athlete stands tall with both feet on the box.

You can mix them. For example if you have to do 40 hspu in total, you could do 30 hspu and then replace the 10 remaining ones with 50 burpee box jumps. And yes it's more time consuming but at least you are not stuck in the wod.

For Rookies

* Burpee box jump:

If you cannot do the pull-ups. You can substitute them with that movement.

5 burpee box jumps = 1 pull up

Read above for standard

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