



Firebreathers

EVENT 1 - WOD 1-2

Timecap 20 min

WOD 1

Max calorie row in 20min [Share as needed]

Happening simultaneously

WOD 2

300 Double Unders while 1 person in the Handstand Hold at Wall
then

18-30-42 [Share as needed]

American Kettlebell Swings 32/24kg

Handstand Push-Ups

then

100 Box Jumps 61/51cm while 1 person in the Handstand Hold at Wall

then

18-30-42 [Share as needed]

Kettlebell Snatches 32/24kg [don't have to be alternating]

Strict Handstand Push-Ups

then in the remaining time

Amrap alternating Partner Wall Ball 20 lb/9ft

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HOW DO I ENTER MY SCORE ?

WOD 1 = Total of calories

WOD 2 = Total of reps

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Regulars

EVENT 1 - WOD 1-2

Timecap 20 min

WOD 1

Max calorie row in 20min [Share as needed]

Happening simultaneously

WOD 2

200 Double Unders while 1 person in the Handstand Hold at Wall
then

18-30-42 [Share as needed]

American Kettlebell Swings 24/16kg

Handstand Push-Ups with 1 abmat

then

100 Box Jumps 61/51cm while 1 person in the Handstand Hold at Wall

then

18-30-42 [Share as needed]

Kettlebell Snatches 24/16kg [don't have to be alternating]

Strict Handstand Push-Ups with 2 abmats

then in the remaining time

Amrap alternating Partner Wall Ball 14 lb/9ft

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HOW DO I ENTER MY SCORE ?

WOD 1 = Total of calories

WOD 2 = Total of reps



Rookies

EVENT 1 - WOD 1-2

Timecap 20 min

WOD 1

Max calorie row in 20min [Share as needed]

Happening simultaneously

WOD 2

300 Single Unders while 1 Person in Plank Hold

then

18-30-42 [Share as needed]

American Kettlebell Swings 16/12kg

Push Ups on box 51cm

then

100 Box Jumps/step ups 51/51cm while 1 Person in Plank Hold

then

18-30-42 [Share as needed]

KB Clean and Push Press 16/12kg [don't have to be alternating]

Hand release Push Ups

then in the remaining time

Amrap alternating Partner Wall Ball 10 lb/9ft

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HOW DO I ENTER MY SCORE ?

WOD 1 = Total of calories

WOD 2 = Total of reps

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Firebreathers

EVENT 1 - SCORECARD

20 MIN RUNNING CLOCK

WOD 1

NUMBER OF CALORIES ROWED

SCORE WOD 1:

WOD 2

300 DOUBLE UNDERS / 1 PERSON HANDSTAND HOLD AT WALL

300

then

ROUND OF 18

ROUND OF 30

ROUND OF 42

AMERICAN KB SWINGS 32/24

318

366

438

HANDSTAND PUSH-UPS

336

396

480

then

100 BOX JUMPS 61/51CM / 1 PERSON HANDSTAND HOLD AT WALL

580

then

ROUND OF 18

ROUND OF 30

ROUND OF 42

KETTLEBELL SNATCHES 32/24

598

646

718

STRICT HANDSTAND PUSH-UPS

616

676

760

then in remaining time

50

100

150

200

250

300

AMRAP ALTERNATING PARTNER WALL BALL 20 LB/9FT

810

860

910

960

1010

1060

SCORE WOD 2:

SCORE RECAP

Firebreathers

WOD 1: Calories

WOD 2: Reps

TEAM name:

TEAM signature:

JUDGE name:



Regulars

EVENT 1 - SCORECARD

20 MIN RUNNING CLOCK

WOD 1

NUMBER OF CALORIES ROWED

SCORE WOD 1:

WOD 2

200 DOUBLE UNDERS / 1 PERSON HANDSTAND HOLD AT WALL

200

then

ROUND OF 18

ROUND OF 30

ROUND OF 42

AMERICAN KB SWINGS 24/16

218

266

338

HANDSTAND PUSH-UPS WITH 1 ABMAT

236

296

380

then

100 BOX JUMPS 61/51CM / 1 PERSON HANDSTAND HOLD AT WALL

480

then

ROUND OF 18

ROUND OF 30

ROUND OF 42

KETTLEBELL SNATCHES 24/16

498

546

618

STRICT HANDSTAND PUSH-UPS WITH 2 ABMATS

516

576

660

then in remaining time

50

100

150

200

250

300

AMRAP ALTERNATING PARTNER WALL BALL 14 LB/9FT

710

760

810

860

910

960

SCORE WOD 2:

SCORE RECAP

Regulars

WOD 1: Calories

WOD 2: Reps

TEAM name:

TEAM signature:

JUDGE name:



Rookies

EVENT 1 - SCORECARD

TIMECAP 20 MIN

WOD 1	
NUMBER OF CALORIES ROWED	
	SCORE WOD 1:

WOD 2						
300 SINGLE UNDERS / 1 PERSON PLANK HOLD	300					
then	ROUND OF 18		ROUND OF 30		ROUND OF 42	
AMERICAN KB SWINGS 16/12	318		366		438	
PUSH UPS ON BOX 51CM	336		396		480	
then						
100 BOX JUMPS/STEP UPS 51/51CM / 1 PERSON PLANK HOLD	580					
then	ROUND OF 18		ROUND OF 30		ROUND OF 42	
KB CLEAN AND PUSH PRESS 16/12	598		646		718	
HAND RELEASE PUSH UPS	616		676		760	
then in remaining time	50	100	150	200	250	300
AMRAP ALTERNATING PARTNER WALL BALL 10 LB/9FT	810	860	910	960	1010	1060
	SCORE WOD 2:					

SCORE RECAP

Rookies

WOD 1: Calories

WOD 2: Reps

TEAM name:

TEAM signature:

JUDGE name:



Standards

EVENT 1 - WOD 1-2

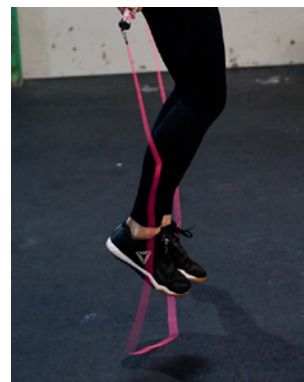
Row:

The damper setting and foot positions may be adjusted by the athlete at any time before and during the row. The athlete starts standing, not touching the rower.



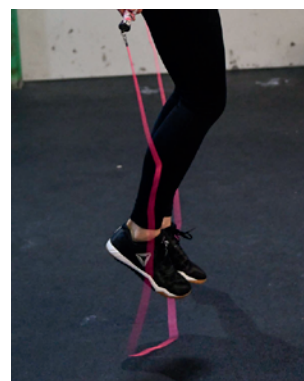
Double unders [Firebreathers-Regulars]:

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.



Single unders [Rookies]:

These are standard single unders, with the rope passing once around the body in a forward motion with each jump. Swinging the rope backward is not permitted. Attempts where the rope catches before clearing once do not count. Athletes are permitted to use their own ropes.



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Standards

EVENT 2 - WOD 3-4-5

Handstand hold [Firebreathers-Regulars]:

The movement begins at the top of a handstand with the arms fully locked out, ONLY the heels [butt off] on the wall, and 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]. The athlete must hold the position. The hip touching the wall or the head touching the ground ends the hold.



Plank hold [Rookies]:

The movement begins at the top of a Push up with the arms fully locked out, the athlete must hold the position. Any other body part than hands or feet touching the ground ends the hold.



Push up on box [Rookies]:

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 box [51cm].



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Standards

EVENT 2 - WOD 3-4-5

Handstand push Up [Firebreathers-Regulars]:

The movement begins at the top of a handstand with the arms fully locked out, ONLY the heels [butt off] on the wall, and 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 [1 Abmat for Regulars]. 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. Kipping is allowed as long as the other requirements are met.



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Strict handstand push up [Firebreathers-Regulars]:

The movement begins at the top of a handstand with the arms fully locked out, ONLY the heels [butt off] on the wall, and 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 [2 Abmats for Regulars]. 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. Kipping is not allowed.





Standards

EVENT 2 - WOD 3-4-5

Hand release push up [Rookies]:

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 can not leave the ground.



American kettlebell swings [Firebreathers-Regulars]:

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 above the head. 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 over the heels.



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Standards

EVENT 2 - WOD 3-4-5

Box jumps [Firebreathers-Regulars]:

The athlete must jump up on the box [Regulars and Rookies can step up]. 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.



Kettlebell snatch [Firebreathers-Regulars]:

The Kettlebell begins behind the legs and must be lifted overhead in one smooth motion. This is not a ground-to-overhead any how. A clean and jerk, where the kettlebell is lifted to the shoulders and then lifted overhead is a no rep. The kettlebell must come to full lockout overhead with the hips, knees and arms fully extended.



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Standards

EVENT 2 - WOD 3-4-5

Kettlebell clean & push press [Rookies]

The Kettlebell begins behind the legs and must be lifted to the front rack position in one smooth motion. The athlete may dip and drive with the legs while the weight is in the front rack. However, once the kettlebell 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 kettlebell finishes directly over the middle of the body.



Alternating Wall Balls shots:

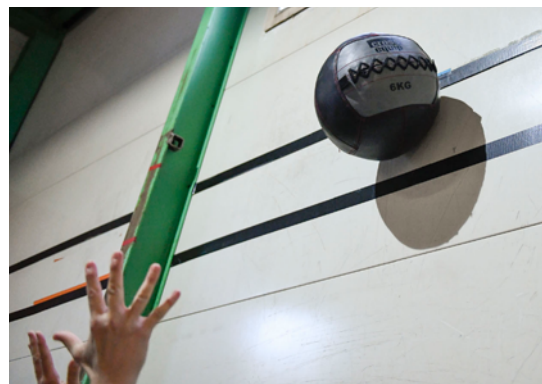
In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.

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.

Firebreather: 27 m Target [9 feet], 20 LB

Regular: 27 m Target [9 feet], 14 LB

Rookies: 27 m Target [9 feet], 10 LB



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