



Firebreathers

EVENT 3 - WOD 6

26 min timecap

WOD 6 - For time

60 Synchro Lateral Burpees over Bar
60 Power Snatch 40/25kg
60 Synchro Pull-ups

50 Synchro Lateral Burpees over Bar
50 Thruster 40/25kg
50 Synchro Chest-to-Bars

40 Synchro Lateral Burpees over Bar
40 Partner Deadlift 200kg
40 Bar Muscle-Ups

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**For the deadlift you must load one of the bars used for thrusters.
The barbell must be loaded evenly.**

HOW DO I ENTER MY SCORE ?

WOD 6 = Total of reps or time if you finished the WoD

Example 1:

You did NOT finish the workout within the time cap. You were able to do only 20 deadlifts.

Score to enter [reps] 390

Example 2:

You finished the workout within the time cap at 24 minutes and 15 seconds

Score to enter [time] 24:15



Regulars

EVENT 3 - WOD 6

26 min timecap

WOD 6 - For time

50 Synchro Lateral Burpees over Bar
50 Power Snatch 40/25kg
50 Pull-ups [not Synchro]

40 Synchro Lateral Burpees over Bar
40 Thruster 40/25kg
40 Chest-to-Bar Pull Ups [not Synchro]

30 Synchro Lateral Burpees over Bar
30 Partner Deadlift 150kg
30 Bar Muscle-Ups

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For the deadlift you must load one of the bars used for thrusters
The barbell must be loaded evenly.

HOW DO I ENTER MY SCORE ?

WOD 6 = Total of reps or time if you finished the WoD

Example 1:

You did NOT finish the workout within the time cap. You were able to do only 20 deadlifts.

Score to enter [reps] _____ 310

Example 2:

You finished the workout within the time cap at 24 minutes and 15 seconds

Score to enter [time] _____ 24:15



Rookies

EVENT 3 - WOD 6

26 min timecap

WOD 6 - For time

40 Synchro Lateral Burpees over Bar

40 Power Snatch 25/15kg

40 Jumping Pull-ups [not synchro]

30 Synchro Lateral Burpees over Bar

30 Thruster 25/15kg

30 Jumping Chest-to-Bar Pull-Ups [not synchro]

20 Synchro Lateral Burpees over Bar

20 Partner Deadlift 100kg

20 Jumping Bar Muscle-Ups

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For the deadlift you must load one of the bars used for thrusters.
The barbell must be loaded evenly.

HOW DO I ENTER MY SCORE ?

WOD 6 = Total of reps or time if you finished the WoD

Example 1:

You did NOT finish the workout within the time cap. You were able to do only 10 deadlifts.

Score to enter [reps] 240

Example 2:

You finished the workout within the time cap at 24 minutes and 15 seconds

Score to enter [time] 24:15



Firebreathers

EVENT 3 - SCORECARD

26 MIN TIME CAP

WOD 6

60 SYNCHRO LATERAL BURPEES OVER BAR	60
60 POWER SNATCH 40/25KG	120
60 SYNCHRO PULL-UPS	180
50 SYNCHRO LATERAL BURPEES OVER BAR	230
50 THRUSTER 40/25KG	280
50 SYNCHRO CHEST-TO-BARS	330
40 SYNCHRO LATERAL BURPEES OVER BAR	370
40 PARTNER DEADLIFT 200KG	410
40 BAR MUSCLE-UPS	450

FOR THE DEADLIFT YOU MUST LOAD ONE OF THE BARS USED FOR THRUSTERS

SCORE WOD 6: REPS or TIME

SCORE RECAP

Firebreathers

WOD 6: Reps or Time

TEAM name:

TEAM signature:

JUDGE name:



Regulars

EVENT 3 - SCORECARD

26 MIN TIME CAP

WOD 6	
50 SYNCHRO LATERAL BURPEES OVER BAR	50
50 POWER SNATCH 40/25KG	100
50 PULL-UPS [NOT SYNCHRO]	150
40 SYNCHRO LATERAL BURPEES OVER BAR	190
40 THRUSTER 40/25KG	230
40 CHEST-TO-BARS [NOT SYNCHRO]	270
30 SYNCHRO LATERAL BURPEES OVER BAR	300
30 PARTNER DEADLIFT 150KG	330
30 BAR MUSCLE-UPS	360
FOR THE DEADLIFT YOU MUST LOAD ONE OF THE BARS USED FOR THRUSTERS	SCORE WOD 6: REPS or TIME

SCORE RECAP

Regulars

WOD 6: Reps or Time

TEAM name:

TEAM signature:

JUDGE name:



Rookies

EVENT 3 - SCORECARD

26 MIN TIME CAP

WOD 6

40 SYNCHRO LATERAL BURPEES OVER BAR	40
40 POWER SNATCH 25/15KG	80
40 JUMPING PULL-UPS [NOT SYNCHRO]	120
30 SYNCHRO LATERAL BURPEES OVER BAR	150
30 THRUSTER 25/15KG	180
30 JUMPING CHEST-TO-BAR PULL UPS [NOT SYNCHRO]	210
20 SYNCHRO LATERAL BURPEES OVER BAR	230
20 PARTNER DEADLIFT 100KG	250
20 JUMPING BAR MUSCLE-UPS	270

FOR THE DEADLIFT YOU MUST LOAD ONE OF THE BARS USED FOR THRUSTERS

SCORE WOD 6: REPS or TIME

SCORE RECAP

Rookies

WOD 6: Reps or Time

TEAM name:

TEAM signature:

JUDGE name:



Standards

EVENT 3 - WOD 6

Powersnatch:

In the Powersnatch, the barbell goes directly from the ground to overhead in one motion, without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch or a power snatch as long the bar is caught above parallel. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels, and the feet together. A clean and jerk is not permitted.



Synchro lateral burpee over bar:

At the bottom both athletes hip and chest [nipple-line or above] must touch the ground simultaneously their bodies being parallel to their bar. The athletes must then jump up or step up, then jump over or step over the bar. The rep finishes with the athletes touching the ground on the other side of the bar.

Synchro Standard: The athletes must touch the ground with their chest at the same time.



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Standards

EVENT 3 - WOD 6

Synchro Pull Ups [Firebreathers]:

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.

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



Pull ups [Regulars]:

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.

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Jumping pull ups [Rookies]:

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.

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Standards

EVENT 3 - WOD 6

Thruster:

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead in one motion. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed.

The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



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Synchro chest to bar pull ups [Firebreathers]:

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.

Synchro Standard: The athletes chests must touch the pull-up bar at the same time.





Standards

EVENT 3 - WOD 6

Chest to bar pull ups [Regulars]:

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.



Jumping chest to bar pull ups [Rookies]:

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.



Partner deadlift:

The hands must be placed outside of 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. Dropping the bar is allowed. At some point the athletes must be locked out on the top at the same time. On the bottom the plates of both sides of the barbell must touch the ground at the same time. **The barbell must be loaded evenly.**



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Standards

EVENT 3 - WOD 6

Bar Muscle Up [Firebreathers-Regulars]:

For the bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar.



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Jumping Bar Muscle Up [Rookies]:

For the jumping bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar.

When standing with your body fully extended the bar height should be set such that your forehead should touch the bar

