

## WOD 1

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5 rounds for time - Time cap 20 minutes

### WOD 1

48 deadlifts

36 hang power clean

24 shoulder to overhead

20 Alternating pairs burpee box jump

#### Weight for barbell movements:

Firebreathers 70/50 kg

Regulars 50/30 kg

Rookies 30/20 kg

#### Box height [same for male/female]:

Firebreathers 61 cm [24"]

Regulars 51 cm [20"] - STEP UPS ALLOWED

Rookies 51 cm [20"] - STEP UPS ALLOWED

### HOW DO I ENTER MY SCORE ?

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**WOD 1** = 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 3 rounds and 12 deadlifts.

Score to enter [reps] **396**

Example 2:

You finished the workout within the time cap  
at 18 minutes and 59 seconds

Score to enter [time] **18:59**

PRESENTED BY



POWERED BY

**GEAR 9**

ORGANIZED BY



## WOD 1 - SCORECARD

WOD 1				
	48 DEADLIFT	36 HANG POWER CLEAN	24 STOH	20 BURPEE BOX JUMP
ROUND 1	48	84	108	128
ROUND 2	176	212	236	256
ROUND 3	304	340	364	384
ROUND 4	432	468	492	512
ROUND 5	560	596	620	640
SCORE WOD 1:				

CATEGORY: ☐ FIREBREATHERS ☐ REGULARS ☐ ROOKIES

WOD 1: Reps (if not finished) or Time

TEAM name:

TEAM signature:

JUDGE name:

## WOD 1 - STANDARDS

Only one athlete at a time is going through the barbell movements. You can share the reps as needed.

### Deadlift:

This is a standard deadlift. Sumo deadlift is not allowed. Separate barbells may be used. Collars must be placed outside the plates. Every repetition starts with the barbell on the ground. The hands are outside the knees. The arms must be straight throughout. In the bottom position "Touch'n'go" is permitted but no bouncing to the extent of bent arms. The repetition is given when the hips and knees reach full extension and the head and shoulders are behind the bar. Dropping the bar is allowed.

### Hang power clean:

After the barbell is lifted off the floor, the athlete must pause with the bar at the hang position ( somewhere above the knees ). From the hang position the barbell goes to the shoulders in one motion. A squat clean is not allowed. The bar must be caught with the hip crease ABOVE the knee caps. At the top, the repetition is given, when the hips and the knees are fully extended and the bar rests on the shoulders with the elbows clearly in front of the bar.

### Shoulder to overhead:

The first repetition can be right after the last power clean. Otherwhile, if the athlete starts with the barbell on the floor, he or she must bring the bar to the shoulders in any style but without any other assistance. Each repetition starts with the barbell in the front rack position.

The rep is given when the barbell is fully locked out overhead, with the hips, knees and arms fully extended, with the bar directly over or slightly behind the body. The feet must be in line under the body, and the bar must be over the center of the athlete's body when viewed from profile. A press, push press, push jerk, or split jerk are all permitted as long as the athlete reaches the required finish position.

### Alternating pairs burpee box jump:

Two athletes will jump or step their feet back so that they are lying on the ground. Hips/thighs and chest (nipple-line or above) must touch the ground. From there, they jump or step forward to stand up. Jumping with a two foot take off onto the box (or stepping up for Regulars and Rookies), **the synchro has to be on top of the box.** The repetition is given when both athletes stand tall with both feet on the box.

**Pairs must alternate for each rep on the burpee box jumps (one athlete cannot do more than 1 consecutive burpee). The athletes can change pairs from one round to another only.**

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