

WOD 2

16 min Running Clock

WOD 2

4 rep max front squat

[from the floor]

HOW DO I ENTER MY SCORE ?

WOD 2 = Total load in kg

Example:	load in kg		with female coefficient
Athlete 1 (male)	150 kg		150 kg
Athlete 2 (male)	80 kg		80 kg
Athlete 3 [female]	60 kg	[60 x 1.4]	84 kg
Athlete 4 (male)	130 kg		130 kg

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Score to enter

444 kg

WOD 2 - SCORECARD

WOD 2		BEST LIFT IN KG			BEST LIFT IN KG
ATHLETE 1	<input type="checkbox"/> FEMALE		ATHLETE 3	<input type="checkbox"/> FEMALE	
ATHLETE 2	<input type="checkbox"/> FEMALE		ATHLETE 4	<input type="checkbox"/> FEMALE	

16 MIN - 4 REP MAX FRONT SQUAT

ATHLETE 1	<input type="checkbox"/> IF FEMALE X 1.4	_____
ATHLETE 2	<input type="checkbox"/> IF FEMALE X 1.4	_____
ATHLETE 3	<input type="checkbox"/> IF FEMALE X 1.4	_____
ATHLETE 4	<input type="checkbox"/> IF FEMALE X 1.4	_____
FINAL SCORE WOD 2:		_____

CATEGORY: FIREBREATHERS REGULARS ROOKIES

WOD 2: Total in kg

TEAM name:

TEAM signature:

JUDGE name:

WOD 2 - STANDARDS

Front squat:

The bar starts on the ground and has to be lifted by the athlete into the front rack position anyhow. Assistance, racks or jerk boxes are not allowed. In the front squat, the barbell must be held in the front rack position, with any grip allowed. At the bottom, the hip crease must be below the top of the knee. At the top, the knees and hips must be completely open with the barbell in control.

Separate barbells may be used. The athlete has to change the weights on his or her own. Collars must be placed outside the plates.

One set of 4 reps must be completed unbroken.

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