

WOD 1

AMRAP - Time cap 24 minutes

WOD 1

16 x 20 unbroken DU's
48 Partner Deadlift 140kg
48 Synchro HSPU

-

12 x 20 unbroken DU's
36 Partner Deadlift 140kg
36 Synchro Strict HSPU

-

8 x 20 unbroken DU's
24 Partner Deadlift 140kg
24 Synchro Deficit HSPU

-

then AMRAP

9 Partner Deadlift 140kg
15m Handstand Walk
21 Synchro Burpee over the line

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EMAN
ESTD 2009

HOW DO I ENTER MY SCORE ?

WOD 1 = Total of reps

You just have to enter the amount of reps that the team has done within the 24 min time cap

Score to enter (reps)

396

WOD 1

AMRAP - Time cap 24 minutes

WOD 1

240 DU's

48 Partner Deadlift 100kg

48 Partner Handrelease Push-up

-

180 DU's

36 Partner Deadlift 100kg

36 HSPU + 1 Athlete in HS Hold

-

120 DU's

24 Partner Deadlift 100kg

24 Synchro HSPU

-

then AMRAP

9 Partner Deadlift 100kg

15m Assisted Handstand Walk

21 Synchro Burpee over the line

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HOW DO I ENTER MY SCORE ?

WOD 1 = Total of reps

You just have to enter the amount of reps that the team has done within the 24 min time cap

Score to enter (reps)

396

WOD 1

AMRAP - Time cap 24 minutes

WOD 1

16 x 20 unbroken Single Under
48 Partner Deadlift 60kg
48 Handrelease Push-up on knees

-

12 x 20 unbroken Single Under
36 Partner Deadlift 60kg
36 Handrelease Push-up

-

8 x 20 unbroken Single Under
24 Partner Deadlift 60kg
24 Partner Handrelease Push-up

-

then AMRAP

9 Partner Deadlift 60kg
15m Bear Crawl
10 Synchro Burpee over the line

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HOW DO I ENTER MY SCORE ?

WOD 1 = Total of reps

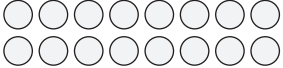
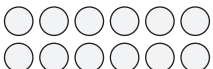






You just have to enter the amount of reps
that the team has done within the 24 min time cap

Score to enter (reps)

396

WOD 1 - SCORECARD

WOD 1

	16 x 20 UNBROKEN DOUBLE UNDER	48 PARTNER DEADLIFT (140KG)	48 SYNCHRO HSPU
PART 1	 16	64	112
	12 x 20 UNBROKEN DOUBLE UNDER	36 PARTNER DEADLIFT (140KG)	36 SYNCHRO STRICT HSPU
PART 2	 124	160	196
	8 x 20 UNBROKEN DOUBLE UNDER	24 PARTNER DEADLIFT (140KG)	24 SYNCHRO DEFICIT HSPU (BCM)
PART 3	 204	228	252
THEN AMRAP	9 PARTNER DEADLIFT (140KG)	15 METER HANDSTAND WALK (6 x 2.5M)	21 SYNCHRO BURPEE
	261	 267	288
	297	 303	324
	333	 339	360
	369	 375	396
	405	 411	432
SCORE WOD 1:			

CATEGORY: FIREBREATHER

WOD 1: Reps

WOD 1 - SCORECARD

WOD 1			
	240 DOUBLE UNDER	48 PARTNER DEADLIFT (100KG)	48 PARTNER HR PUSH-UP
PART 1	240	288	336
	180 DOUBLE UNDER	36 PARTNER DEADLIFT (100KG)	36 HSPU (+ 1 ATHL. IN HS HOLD)
PART 2	516	552	588
	120 DOUBLE UNDER	24 PARTNER DEADLIFT (100KG)	24 SYNCHRO HSPU
PART 3	708	732	756
THEN AMRAP	9 PARTNER DEADLIFT (100KG)	15 METER (6 x 2.5M) ASSISTED HANDSTAND WALK	21 SYNCHRO BURPEE
	765	○○○○○○○ 771	792
	801	○○○○○○○ 807	828
	837	○○○○○○○ 843	864
	873	○○○○○○○ 879	900
	909	○○○○○○○ 915	936
SCORE WOD 1:			

CATEGORY: REGULAR

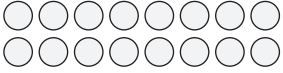
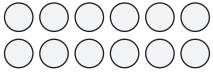






WOD 1: Reps

TEAM name:

TEAM signature:

JUDGE name:

WOD 1 - SCORECARD

WOD 1			
	16 x 20 UNBROKEN SINGLE UNDER	48 PARTNER DEADLIFT (60KG)	48 HR PUSH-UP ON KNEES
PART 1	 16	64	112
	12 x 20 UNBROKEN SINGLE UNDER	36 PARTNER DEADLIFT (60KG)	36 HR PUSH-UP
PART 2	 124	160	196
	8 x 20 UNBROKEN SINGLE UNDER	24 PARTNER DEADLIFT (60KG)	24 PARTNER HR PUSH-UP
PART 3	 204	228	252
THEN AMRAP	9 PARTNER DEADLIFT (60KG)	15 METER BEAR CRAWL (6 x 2.5M)	10 SYNCHRO BURPEE
	261	 267	277
	286	 292	302
	311	 317	327
	336	 342	352
	361	 367	377
SCORE WOD 1:			

CATEGORY: ROOKIE

WOD 1: Reps

TEAM name:

TEAM signature:

JUDGE name:

WOD 1 - STANDARDS

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.

NOTE: Firebreathers: go for sets of 20 UNBROKEN Double Unders (athletes can do 20/40/60 etc. reps per set)

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.

NOTE: minimum 20 UNBROKEN reps per set

Partner-Deadlift:

Every repetition starts with the barbell on the ground. **Athletes stand on the ground (same level) - no one will stand on plates or any riser.**

Bar is loaded symmetrically and collars must be placed outside the plates.

The hands are outside the knees - Sumo deadlift is not allowed- but any grip (mix grip f.ex.) and grip width is fine.

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 heads and shoulders are behind the bar. Dropping the bar is allowed. **It's not allowed to use grips or straps**

(Synchro) Handstand push up:

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 hands and fingers must remain inside the designated 102x60cm box. 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.

The synchro HSPU rep is given, when both athletes "meet at the top position" and finish the rep together.

Kipping is allowed as long as the other requirements are met.

For the strict HSPU, any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. During the strict repetitions the feet may be no wider than the width of the hands at any point.

Deficit HSPU:

The height of the deficit must be minimum 8cm. During the deficit handstand push-ups, the hands and fingers must remain inside the designated 102x60cm box. The hands, including the fingers, must remain on the top of the surface creating the deficit. Gripping the sides of the surface creating the deficit will NOT count. If using a standard bumper plate or plates to create the deficit, the plates must be touching the wall.

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WOD 1 - STANDARDS

Handstand hold:

In the handstand hold, the athletes' position has to remain in the HSPU-top-position: Arms straight, only the heels may touch the wall during the repetition and the feet may be no wider than the width of the hands at any point.

Handstand Walk:

The handstand walk area must be divided into 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.

When kicking up, the hands (including the fingers) must be placed on the ground BEHIND the line designating the 5-meter/2,5-meter- segment. Placing the hands on or over the line when kicking up constitutes a no rep. Each segment will count as 1 rep. Both hands, including palms and fingers, must touch the ground completely clear of the line marking the end of each segment before the athlete's feet touch the ground. If at any time the athlete comes down from their hands before finishing a segment, they must repeat the entire segment. Athletes are not required to kick down after completing a segment but MUST change directions after completing each 5-meter increment.

Assisted Handstand Walk:

Same standards as for the unassisted HSW but one athlete can help the HSWalker, standing and walking behind the walker.

Bear Crawl:

The bear walk area must be divided into 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-segment will count as 1 rep.

Handrelease Push ups on knees:

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.

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WOD 1 - STANDARDS

Partner Handrelease Push ups:

A straight body position must be maintained throughout. No snaking, sagging or pushing up from the knees. At the top position the elbows and shoulders must be locked, the feet are no wider than shoulder width. The rep is given when the two athletes clapped hands once. („Low five“;)

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.

Synchronized Burpees:

Each rep starts with the athletes facing a “HSW-Line”. At the bottom, they must be perpendicular to the line. Chest and thighs have to touch the ground at the same time.

All parts of the body have to be clearly behind the line at the bottom.

Athletes may step or jump out of the bottom position.

A two-feet-take-off/-jump is required and if the line is touched, the athletes have to restart the rep from the bottom position.

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