

WOD 2

Time cap 27 minutes

WOD 2

9 min to establish

1 RM Clean

-

9 min to establish

1 RM Bench Press

-

9 min to establish

1 RM Overhead Squat

HOW DO I ENTER MY SCORE ?

WOD 2 = Average kg for male + Average kg for female = Score

Example:	Clean	BenchPress	OHS	Total
Male 1	120 kg	80 kg	60 kg	260 kg
Male 2	110 kg	90 kg	70 kg	270 kg
Average M	(260+270) / 2			265 kg

Female 1	80 kg	50 kg	60 kg	190 kg
Female 2	65 kg	45 kg	55 kg	165 kg
Average F	(190+165) / 2			177,5 kg

Average M + Average F: 265 + 177.5 = 442.5 **442.5 kg**

Score to enter (kg) **442.5 kg**

PRESENTED BY

cross equip
 built to max your limits

POWERED BY

GEAR 9

ORGANIZED BY



CROSSFIT
EMAN
ESTD 2009

If there is for example 3 males and 1 female, The total of the weight lifted by male is divided by 3 and added to the score of the female

ROOKIE

WOD 2

Time cap 27 minutes

WOD 2

9 min to establish

1 RM Clean

-

9 min to establish

1 RM Bench Press

-

9 min to establish

1 RM Front Squat

HOW DO I ENTER MY SCORE ?

WOD 2 = Average kg for male + Average kg for female = Score

Example:	Clean	BenchPress	Front Squat	Total
Male 1	120 kg	80 kg	60 kg	260 kg
Male 2	110 kg	90 kg	70 kg	270 kg
Average M	(260+270) / 2			265 kg

Female 1	80 kg	50 kg	60 kg	190 kg
Female 2	65 kg	45 kg	55 kg	165 kg
Average F	(190+165) / 2			177,5 kg

Average M + Average F: 265 + 177.5 = 442.5 **442.5 kg**

Score to enter (kg) **442.5 kg**

PRESENTED BY



POWERED BY



ORGANIZED BY



If there is for example 3 males and 1 female, The total of the weight lifted by male is divided by 3 and added to the score of the female

WOD 2 - SCORECARD

WOD 2

	1 RM CLEAN	1 RM BENCH PRESS	1 RM OVERHEAD SQUAT	TOTAL IN KG
MALE 1				
MALE 2				
MALE 3				
			TOTAL IN KG FOR MALE(S)	TOTAL M
FEMALE 1				
FEMALE 2				
FEMALE 3				
			TOTAL IN KG FOR FEMALE(S)	TOTAL F

TOTAL M	TOTAL IN KG FOR MALES DIVIDED BY THE AMOUNT OF MALES / _____	AVERAGE M
TOTAL F	TOTAL IN KG FOR FEMALES DIVIDED BY THE AMOUNT OF FEMALES / _____	AVERAGE F

AVERAGE M = _____	+ AVERAGE F = _____	TOTAL IN KG (SCORE WOD 2)	
-------------------	---------------------	---------------------------	--

CATEGORY: FIREBREATHER REGULAR

WOD 2: Total in kilos

WOD 2 - SCORECARD

WOD 2				
	1 RM CLEAN	1 RM BENCH PRESS	1 RM FRONT SQUAT	TOTAL IN KG
MALE 1				
MALE 2				
MALE 3				
			TOTAL IN KG FOR MALE(S)	TOTAL M
FEMALE 1				
FEMALE 2				
FEMALE 3				
			TOTAL IN KG FOR FEMALE(S)	TOTAL F

TOTAL M	TOTAL IN KG FOR MALES DIVIDED BY THE AMOUNT OF MALES / _____	AVERAGE M
TOTAL F	TOTAL IN KG FOR FEMALES DIVIDED BY THE AMOUNT OF FEMALES / _____	AVERAGE F

AVERAGE M = _____	+ AVERAGE F = _____	TOTAL IN KG (SCORE WOD 2)	
-------------------	---------------------	---------------------------	--

CATEGORY: ROOKIE

WOD 2: Total in kilos

TEAM name:

TEAM signature:

JUDGE name:

WOD 2 - STANDARDS

This event begins with the barbell on the ground/Clean or in the rack. Teams will have 27 minutes, 3x 9 minutes to find a one-rep-max Clean, Bench Press and Overheadsquat (FB,Reg.) / Frontsquat (Rook.) Within each 9-minute window, athletes may make as many or as few attempts as they'd like. Athletes may use one male and one female bar. Only one rack, and for the bench press a flat bench, can be used. Teammates may load the bar for each other. Teammates may help each other re-rack the bar in the event of a failed lift. Any increases in loading must be at least 0,5kg / 1 lb. Each athlete's score will be the load of their heaviest successful lift. The team's score will be the sum of the male's average and female's average lifts. There will be no tiebreak for this event.

For each workout, be sure the team has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Athletes must place collars on the outside of the plates before beginning the lift. Athletes must declare the load they are attempting before starting to lift.

Clean:

Each rep starts with the bar on the ground. Power, squat, and split cleans are permitted. Hang cleans are NOT permitted. The rep is counted when the athlete stands tall, both feet in one line and with the bar in a „controled“ front rack position.

Bench Press:

Athletes may use any available flat bench. Athletes may place bumper plates under their feet. Athletes may NOT floor press or use a bench with any incline or decline. The athlete must use a standard, pronated grip. The thumb must be wrapped around the bar and the grip may NOT be wider than 102 cm.

Each attempt starts with full extension of the arms. Before lowering, the athlete must pause with the arms clearly extended and the bar over their torso. A spotter may be used to assist with a lift out of the rack. The spotter's hands must be clearly off the bar before the bar is lowered. Both feet must remain on the floor (or bumper plates) throughout the entire rep. The shoulders and buttocks must remain in contact with the bench throughout the rep. During the lift, if the feet come off the floor (or bumper plates) at any point, or the shoulders and/or buttocks come off the bench, the attempt will not count. The bar must make contact with any part of the torso at the bottom. The athlete may NOT pause or rest with the bar on the torso. The rep counts when the arms return to full extension with the bar over the athlete's torso. The athlete must pause briefly with the bar at full extension before the bar is reroaked. The spotter may help the athlete return the bar to the rack only after the athlete's arms have reached full extension. Spotters should be mindful to allow the brief pause at extension BEFORE assisting the athlete to the rack. If the spotter touches the bar at any point before the lockout position is achieved, it is an immediate no rep and the bar must be returned to the rack.

Overhead Squat:

Athletes may place the bar in the front or back rack and jerk the bar overhead before starting the descent of the lift. Athletes may NOT unrack the bar in the overhead position. A snatch balance is not permitted. Once the bar is in the overhead position, the athlete's hip crease must pass below the tops of their knees at the bottom. The barbell

PRESENTED BY

cross equip
built to max your limits

POWERED BY

GEAR 9

ORGANIZED BY



C R O S S F I T
EMAN
ESTD 2009

WOD 2 - STANDARDS

must remain overhead until the lockout position is achieved. The rep is given when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body. If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count. 1 station

Front Squat:

The bar rests on the athlete's shoulders and their elbows are in front of the bar. The athlete's hip crease must clearly pass below the top of the knees in the bottom position. The rep is given when the athlete's hips and knees are fully extended and the bar is resting on the athlete's shoulders and their elbows are in front of the bar. The rep must be successfully completed before the athlete re-racks or drops the bar.

PRESENTED BY

cross equip
built to max your limits

POWERED BY

GEAR 9

ORGANIZED BY



CROSSFIT
EMAN
ESTD 2009