

## WOD 3+4

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AMRAP - Time cap 21 minutes

### WOD 3

Row for max calories

### WOD 4

AMRAP 1 - 7min

20 Thruster 40/30 kg

20 Synchro Chest-to-bar

-

AMRAP 2 - 7min

15 Squat Snatch 60/40 kg

15 Synchro Toes-to-bar

-

AMRAP 3 - 7min

10 Squat Clean & Jerk 80/60 kg

10 Synchro Bar Muscle Up

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ESTD 2009

### HOW DO I ENTER MY SCORE ?

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WOD 3 = Total of calories

Score to enter (calories)

**423**

WOD 4 = Total of reps of the 3 AMRAPs

Score to enter AMRAP 1+2+3 (165 + 120 + 85)

**370**

REGULAR

## WOD 3+4

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AMRAP - Time cap 21 minutes

### WOD 3

Row for max calories

### WOD 4

AMRAP 1 - 7min

20 Thruster 30/20 kg

20 Pull-up

-

AMRAP 2 - 7min

15 Squat Snatch 45/30 kg

15 Toes-to-bar

-

AMRAP 3 - 7min

10 Squat Clean & Jerk 60/40 kg

10 Chest-to-bar Pull-up

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### HOW DO I ENTER MY SCORE ?

---

WOD 3 = Total of calories

Score to enter (calories)

**423**

WOD 4 = Total of reps of the 3 AMRAPs

Score to enter AMRAP 1+2+3 (165 + 120 + 85)

**370**

ROOKIE

## WOD 3+4

---

AMRAP - Time cap 21 minutes

### WOD 3

Row for max calories

### WOD 4

AMRAP 1 - 7min

20 Thruster 20/15 kg

20 Jumping Pull-up

-

AMRAP 2 - 7min

15 Power Snatch 25/20 kg

15 Hanging Knee Raise

-

AMRAP 3 - 7min

10 Power Clean & Jerk 35/25 kg

10 Jumping Chest-to-bar Pull-up

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### HOW DO I ENTER MY SCORE ?

---

WOD 3 = Total of calories

Score to enter (calories)

**423**

WOD 4 = Total of reps of the 3 AMRAPs

Score to enter AMRAP 1+2+3 (165 + 120 + 85)

**370**

# WOD 3+4 - SCORECARD

WOD 3	
	NUMBER OF CALORIES

WOD 4		1	2	3	4	5	6	7
AMRAP 1	20 THRUSTER 40/30 KG	20	60	100	140	180	220	260
	20 SYNCHRO CHEST-TO-BAR	40	80	120	160	200	240	280
		SCORE AMRAP 1						
AMRAP 2	15 SQUAT SNATCH 60/40 KG	15	45	75	105	135	165	195
	15 SYNCHRO TOES-TO-BAR	30	60	90	120	150	180	210
		SCORE AMRAP 2						
AMRAP 3	10 SQUAT C&J 80/60 KG	10	30	50	70	90	110	130
	10 SYNCHRO BAR MUSCLE-UP	20	40	60	80	100	120	140
		SCORE AMRAP 3						
		SCORE TOTAL AMRAP 1+2+3:						

CATEGORY:  FIREBREATHER

WOD 3 : Calories

WOD 4 : Total Reps (AMRAP 1+2+3)

TEAM name :

TEAM signature :

JUDGE name :

# WOD 3+4 - SCORECARD

## WOD 3

	NUMBER OF CALORIES
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## WOD 4

		1	2	3	4	5	6	7	
<b>AMRAP 1</b>	<b>20 THRUSTER 30/20 KG</b>	20	60	100	140	180	220	260	
	<b>20 PULL-UP</b>	40	80	120	160	200	240	280	
		<b>SCORE AMRAP 1</b>							
<b>AMRAP 2</b>	<b>15 SQUAT SNATCH 45/30 KG</b>	15	45	75	105	135	165	195	
	<b>15 TOES-TO-BAR</b>	30	60	90	120	150	180	210	
		<b>SCORE AMRAP 2</b>							
<b>AMRAP 3</b>	<b>10 SQUAT C&amp;J 60/40 KG</b>	10	30	50	70	90	110	130	
	<b>10 CHEST-TO-BAR PULL-UP</b>	20	40	60	80	100	120	140	
		<b>SCORE AMRAP 3</b>							
		<b>SCORE TOTAL AMRAP 1+2+3:</b>							

**CATEGORY:**  REGULAR

**WOD 3** : Calories

**WOD 4** : Total Reps (AMRAP 1+2+3)

# WOD 3+4 - SCORECARD

WOD 3	
	NUMBER OF CALORIES

WOD 4		1	2	3	4	5	6	7
AMRAP 1	20 THRUSTER 20/15 KG	20	60	100	140	180	220	260
	20 JUMPING PULL-UP	40	80	120	160	200	240	280
		SCORE AMRAP 1						
AMRAP 2	15 POWER SNATCH 25/20 KG	15	45	75	105	135	165	195
	15 HANGING KNEE RAISE	30	60	90	120	150	180	210
		SCORE AMRAP 2						
AMRAP 3	10 POWER C&J 35/25 KG	10	30	50	70	90	110	130
	10 JUMPING C2B PULL-UP	20	40	60	80	100	120	140
		SCORE AMRAP 3						
		SCORE TOTAL AMRAP 1+2+3:						

CATEGORY:  ROOKIE

WOD 3 : Calories

WOD 4 : Total Reps (AMRAP 1+2+3)

TEAM name :

TEAM signature :

JUDGE name :

## WOD 3+4 - STANDARDS

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### WOD 3:

#### Row for calories

The damper setting and foot positions may be adjusted by the athlete at any time before and during the row.

The monitor on the rower must be set to zero calories at the beginning of the workout. The athlete who rows first may sit on the rower and get ready but shouldn't touch the handles till the clock says „go“. During the workout, athletes are allowed to switch and share their rowing work as they want to. The final result is the number of calories at the end of the workout after 24minutes.

### WOD 4:

2 Barbells, switch as needed. Barbell has to be loaded during the workout by the athlete.

#### Thruster:

Each thruster begins with the barbell on the ground. The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. The rep is credited when: - the athlete's hips, knees, and arms are fully extended; and - the bar is directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Athletes may NOT receive assistance moving or resetting their barbell.

#### Synchronized Chest to Bar Pull ups:

At the start of each rep, the arms must be fully extended and the feet must be off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is given when the athletes clearly touch the bar with their body at or below the collarbone. Athletes must touch the bar at the same time. If one athlete reaches the bar ahead of the other, he/she may wait at the top position for the teammate.

#### Pull ups:

These are standard Pull ups. Any style of pull-up or grip is permitted as long as the requirements are met.

At the start of each rep, the arms must be fully extended and the feet must be off the ground. At the top, the chin must pass the horizontal plane of the bar.

#### Chest to Bar Pull ups:

These are standard Chest to Bar Pull ups. At the start of each rep, the arms must be fully extended and the feet must be off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. At the top, the chest must touch the bar underneath the collar bone.

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## WOD 3+4 - STANDARDS

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### Jumping (Chest to bar) Pull ups:

For jumping (Chest to Bar) Pull ups, the bar should be set up so it is at least 6 inches / 15cm above the top of the athlete's head when standing tall. At the bottom of each repetition, The arms must be fully extended.

### Squat / Power Snatch:

The barbell begins on the ground and must be lifted overhead in one motion. (This is not ground-to-overhead any way.) Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

NOTE:

**For the Firebreather division:** A power snatch followed by an overhead squat will not be allowed.

**For the Regular division:** The athletes may do a power snatch, pause or stand, and then proceed to the bottom of the overhead squat.

**For the Rookies:** Power Snatch / catching the bar above parallel is fine!

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

### Toes to bar:

In the toes to bar, the athlete must go from a full hang to having the toes touch the pull up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom, and the feet must be brought back behind the bar and behind the body.

### Synchronized Toes to bar:

Both athletes begin by hanging from the pull-up bar with arms extended. The heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is given when both athletes' feet contact the bar between the hands at the same time. If one athlete reaches the finish position ahead of the other, they may hold that position for the other athlete. Any part of the feet may make contact with the bar.

### Hanging knee raises:

The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

At the top of the repetition the athlete must raise their knees above the height of their hips.

### Squat Clean & Jerk:

The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before beginning the next repetition.

For the Clean:

Firebreathers and Regulars have to do a full Squat Clean / pass through a full squat with hips below the knees.

Rookies may do a Power Clean / receiving the barbell above parallel.

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## WOD 3+4 - STANDARDS

### For the Jerk:

The bar must first be lifted to the shoulders, then locked out overhead.

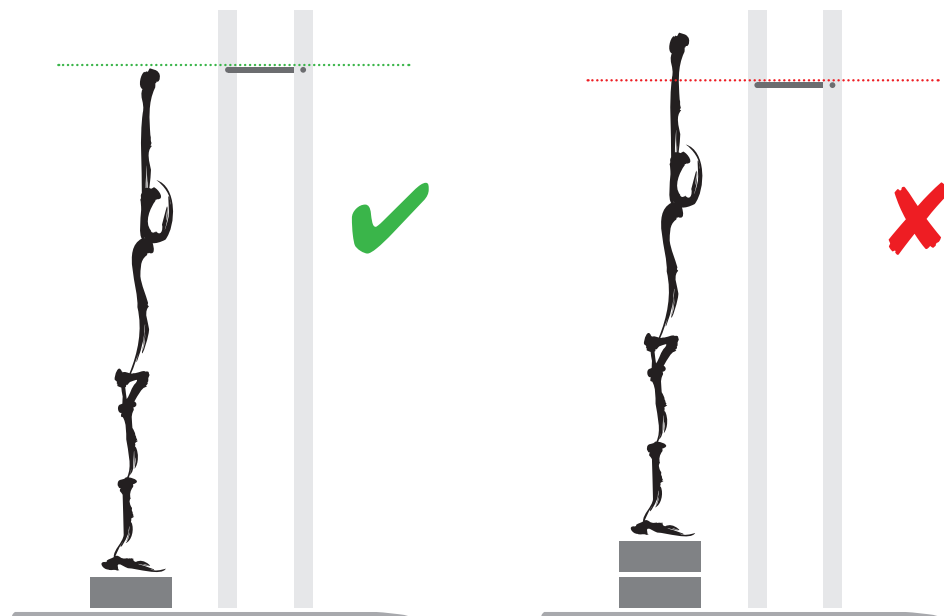
Any style of overhead lift is acceptable (press, push press, or jerk). The rep is counted when the athlete's hips, knees, and arms are extended and the feet are in line. The bar must be over the middle of the athlete's body, or slightly behind, when viewed from profile. The athlete may not lower the bar until they reach the finish position. If the athlete receives a no rep for any reason at any time in the sequence, the entire clean and jerk must be repeated.

### Synchronized Bar Muscle up:

Each rep will start with the athletes hanging fully extended at the bar to pass from below to support above it. At the bottom, the arms must come to a full lock out with the feet off the ground. At the top, the arms and elbows must fully lock out. A kipping muscle-up is allowed, but the heels may not raise above the height of the bar. Swings or rolls to support are not permitted.

If one athlete reaches the finish / top position ahead of the other, they may hold that position for the other athlete.

Athletes may use height assistance, but hands cannot be higher than the bar, when standing up with arms fully extended above the head.



ATHLETES MAY USE HEIGHT ASSISTANCE, BUT **HANDS CANNOT BE HIGHER** THAN THE BAR, WHEN STANDING UP WITH ARMS FULLY EXTENDED ABOVE THE HEAD.

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