

FIREBREATHER

EVENT 1: WOD 1+2

Time 24 minutes

WOD 1 (4x6min AMRAPs)

00:00>06:00 | Athletes A+B

3 Wall walks synchro

9 KB Goblet alternating reverse lunges 32/24kg

15 KB Snatch 32/24kg

06:00>12:00 | Athletes C+D

9 Wall walks

15 DB Goblet squat 30/20kg

21 alternating DB snatch 30/20kg

12:00>18:00 | Athletes A+B

10 HSPU synchro

30m KB suitcase carry (6 x 5m) 32/24kg

15 KB Clean & shoulder to overhead 32/24kg

18:00>24:00 | Athletes C+D

10 Strict HSPU

30m DB Suitcase carry (6 x 5m) 30/20kg

15 DB Power clean & jerk 30/20kg

WOD 2 (runs simultaneously)

00:00>06:00 | Athletes C+D - Row for calories

06:00>12:00 | Athletes A+B - Row for calories

12:00>18:00 | Athletes C+D - Row for calories

18:00>24:00 | Athletes A+B - Row for calories

HOW DO I ENTER MY SCORE?

WOD 1 = Total of reps

You have to enter the amount of reps

that the athletes have done within the 4x6 min AMRAPs

Score to enter (reps)

425

WOD 2 = Total of calories

Score to enter (calories)

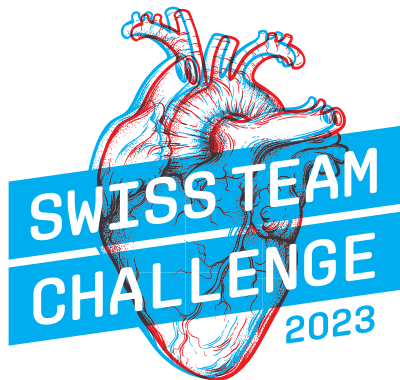
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GEAR 9



REGULAR

EVENT 1: WOD 1+2

Time 24 minutes

WOD 1 (4x6min AMRAPs)

00:00>06:00 | Athletes A+B

3 Scaled Wall walks synchro

9 KB Goblet alternating reverse lunges 16/12kg

15 KB Snatch 16/12kg

06:00>12:00 | Athletes C+D

9 Scaled Wall walks

15 DB Goblet squat 15/10kg

21 alternating DB snatch 15/10kg

12:00>18:00 | Athletes A+B

10 Scaled HSPU / Partner in HS Hold

30m KB suitcase carry (6 x 5m) 16/12kg

15 KB Clean & shoulder to overhead 16/12kg

18:00>24:00 | Athletes C+D

10 HR Clapping push-ups

30m DB Suitcase carry (6 x 5m) 15/10kg

15 DB Power clean & jerk 15/10kg

WOD 2 (runs simultaneously)

00:00>06:00 | Athletes C+D - Row for calories

06:00>12:00 | Athletes A+B - Row for calories

12:00>18:00 | Athletes C+D - Row for calories

18:00>24:00 | Athletes A+B - Row for calories

HOW DO I ENTER MY SCORE?

WOD 1 = Total of reps

You have to enter the amount of reps

that the athletes have done within the 4x6 min AMRAPs

Score to enter (reps)

425

WOD 2 = Total of calories

Score to enter (calories)

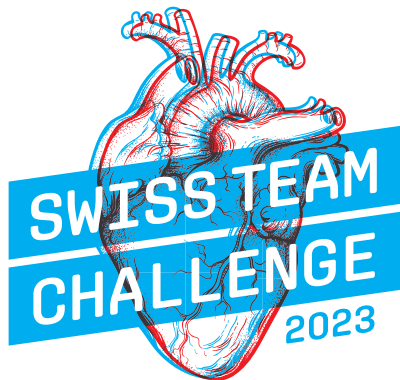
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ROOKIE

EVENT 1: WOD 1+2

Time 24 minutes

WOD 1 (4x6min AMRAPs)

00:00>06:00 | Athletes A+B

3 Bear crawl synchro (3 x 5m)

9 KB Goblet alternating reverse lunges 12/8kg

15 KB Swing 12/8kg

06:00>12:00 | Athletes C+D

9 Bear Crawls (9 x 5m)

15 Air Squat

21 DB snatch 10/5kg

12:00>18:00 | Athletes A+B

10 HR Partner Push-ups on knees

30m KB suitcase carry (6 x 5m) 12/8kg

15 KB Clean & shoulder to overhead 12/8kg

18:00>24:00 | Athletes C+D

5 HR Push-ups

30m DB Suitcase carry (6 x 5m) 10/5kg

15 DB Power clean & jerk 10/5kg

WOD 2 (runs simultaneously)

00:00>06:00 | Athletes C+D - Row for calories

06:00>12:00 | Athletes A+B - Row for calories

12:00>18:00 | Athletes C+D - Row for calories

18:00>24:00 | Athletes A+B - Row for calories

HOW DO I ENTER MY SCORE?

WOD 1 = Total of reps

You have to enter the amount of reps

that the athletes have done within the 4x6 min AMRAPs

Score to enter (reps)

425

WOD 2 = Total of calories

Score to enter (calories)

396

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EVENT 1 - SCORECARD

WOD 1		1	2	3	4	5	6	7
AMRAP 1: A+B 00:00>06:00	3 Wall walks synchro	3	30	57	84	111	138	165
	9 KB Goblet alternating reverse lunges	12	39	66	93	120	147	174
	15 KB Snatch	27	54	81	108	135	162	189
		SCORE AMRAP 1						
AMRAP 2: C+D 06:00>12:00	9 Wall walks	9	54	99	144	189	234	279
	15 DB Goblet squat	24	69	114	159	204	249	294
	21 alternating DB snatch	45	90	135	180	225	270	315
		SCORE AMRAP 2						
AMRAP 3: A+B 12:00>18:00	10 HSPU synchro	10	41	72	103	134	165	196
	30m KB suitcase carry (6 x 5m)	16	47	78	109	140	171	202
	15 KB Clean & shoulder to overhead	31	62	93	124	155	186	217
		SCORE AMRAP 3						
AMRAP 4: C+D 18:00>24:00	10 Strict HSPU	10	41	72	103	134	165	196
	30m DB Suitcase carry (6 x 5m)	16	47	78	109	140	171	202
	15 DB Power clean & jerk	31	62	93	124	155	186	217
		SCORE AMRAP 4						
		SCORE TOTAL AMRAP 1+2+3+4:						

WOD 2	
	NUMBER OF CALORIES

CATEGORY: ☐ FIREBREATHER

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

WOD 2 : Calories

TEAM name :

TEAM signature :

JUDGE name :

EVENT 1 - SCORECARD

WOD 1		1	2	3	4	5	6	7
AMRAP 1: A+B 00:00>06:00	3 Scaled Wall walks synchro	3	30	57	84	111	138	165
	9 KB Goblet alternating reverse lunges	12	39	66	93	120	147	174
	15 KB Snatch	27	54	81	108	135	162	189
		SCORE AMRAP 1						
AMRAP 2: C+D 06:00>12:00	9 Scaled Wall walks	9	54	99	144	189	234	279
	15 DB Goblet squat	24	69	114	159	204	249	294
	21 alternating DB snatch	45	90	135	180	225	270	315
		SCORE AMRAP 2						
AMRAP 3: A+B 12:00>18:00	10 Scaled HSPU/Partner in HS Hold	10	41	72	103	134	165	196
	30m KB suitcase carry (6 x 5m)	16	47	78	109	140	171	202
	15 KB Clean & shoulder to overhead	31	62	93	124	155	186	217
		SCORE AMRAP 3						
AMRAP 4: C+D 18:00>24:00	10 HR Clapping push-ups	10	41	72	103	134	165	196
	30m DB Suitcase carry (6 x 5m)	16	47	78	109	140	171	202
	15 DB Power clean & jerk	31	62	93	124	155	186	217
		SCORE AMRAP 4						
		SCORE TOTAL AMRAP 1+2+3+4:						

WOD 2	
	NUMBER OF CALORIES

CATEGORY: ☐ REGULAR

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

WOD 2 : Calories

TEAM name :

TEAM signature :

JUDGE name :

EVENT 1 - SCORECARD

WOD 1		1	2	3	4	5	6	7
AMRAP 1: A+B 00:00>06:00	3 Bear crawl synchro (3 x 5m)	3	30	57	84	111	138	165
	9 KB Goblet alternating reverse lunges	12	39	66	93	120	147	174
	15 KB Swing	27	54	81	108	135	162	189
		SCORE AMRAP 1						
AMRAP 2: C+D 06:00>12:00	9 Bear Crawls (9 x 5m)	9	54	99	144	189	234	279
	15 DB Goblet squat	24	69	114	159	204	249	294
	21 DB snatch	45	90	135	180	225	270	315
		SCORE AMRAP 2						
AMRAP 3: A+B 12:00>18:00	10 HR Partner Push-ups on knees	10	41	72	103	134	165	196
	30m KB suitcase carry (6 x 5m)	16	47	78	109	140	171	202
	15 KB Clean & shoulder to overhead	31	62	93	124	155	186	217
		SCORE AMRAP 3						
AMRAP 4: C+D 18:00>24:00	5 HR Push-ups	5	31	57	83	109	135	161
	30m DB Suitcase carry (6 x 5m)	11	37	63	89	115	141	167
	15 DB Power clean & jerk	26	52	78	104	130	156	182
		SCORE AMRAP 4						
		SCORE TOTAL AMRAP 1+2+3+4:						

WOD 2	
	NUMBER OF CALORIES

CATEGORY: ☐ ROOKIE

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

WOD 2 : Calories

TEAM name :

TEAM signature :

JUDGE name :

EVENT 1 - STANDARDS

(Synchronized) Wall walks:

Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 140cm.

For men, the distance is 152cm.

This first line will be the start and finish line for each repetition.

Tape a second line that leaves 25cm of space between the tape's far edge and the wall. - The tape line placed 25cm from the wall must be 76cm in length and NO WIDER than 5cm.

Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).

Both hands must remain on the tape until both feet are on the wall.

At the top of the movement, both hands must touch the tape line at the 25cm mark before the athlete may descend.

Any part of the hand may touch the tape line.

On the descent, the feet must remain on the wall until both hands are touching the first line.

The rep is credited when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.

The athletes have to be synchronized on the first line and then on the second line as well.

Synchronized scaled wall walks (For Regulars):

Mark a tape line that measures 140cm from the wall to the edge of the tape that is CLOSEST to the wall.

The line must be 5cm wide.

Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.

At the start and finish of each rep, both hands must be in front of the tape line.

No part of the hand may be touching the line.

Both hands must remain in front of the tape until both feet are on the wall.

The athlete will walk up the wall until both hands are on the other side of the 5cm tape line.

The fingers may NOT be touching the tape line.

On the descent, the feet must remain on the wall until both hands are in front of the tape line. No part of the hand may be touching the line.

The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.

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EVENT 1 - STANDARDS

(Synchronized) Bear crawls:

The (bear) walking 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 5m-increment to earn credit for that distance. Each 5m-segment will count as 1 rep/point.

Handstand push ups:

Each rep begins and ends with the athlete in the lockout position with the heels against the wall, butt off the wall, arms fully extended, and shoulders in line with the body.

The arms must be fully extended and in line with the body before the athlete may descend.

The athlete must perform the handstand push-ups with both hands touching the tape line 25cm from the wall.

This tape line must be 76cm long and no wider than 5cm. Any portion of the athlete's hands may be touching the line (fingers OK).

Both hands must remain on the designated tapeline.

If one or both hands is not touching the tapeline at any time, the repetition will not count. The athlete will need to start again from the lockout position.

At the bottom, the head must make contact with the ground.

If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).

The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

Kipping IS allowed. The feet may be no wider than the width of the hands at any point.

Each synchronized rep is credited when both athletes are in the lockout position with the heels on the wall, butt off the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

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GEAR 9

EVENT 1 - STANDARDS

Strict Handstand push ups:

Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. Kipping is not allowed. The feet may be no wider than the width of the hands at any point.

Refer to "Handstand push up" for standards and measurements.

Scaled Handstand push ups for Regulars:

Athletes may use ONE Abmat for support.

Refer to "Handstand push up" for standards and measurements.

Handstand hold:

In the handstand hold, the athletes' position has to remain in the HSPU-top-position:

Arms straight, butt off the wall / only the heels may touch the wall and the feet may be no wider than the width of the hands at any point.

Hand release clapping push ups:

A straight body position must be maintained throughout. No snaking, sagging or pushing up from the knees.

At the top position the athlete has to push off explosively, with hands leaving the ground and a visible clapping.

Feet are no wider than shoulder width.

At the bottom, the chest (nipple-line or above) must touch the floor and the hands must be taken off the ground.

Hand release partner 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.

The rep is given when the two athletes clapped hands once. („Low five“;)

Hand release 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. Feet are no wider than shoulder width. At the bottom, the chest (nipple-line or above) must touch the floor and the hands must be taken off the ground.

Feet do not leave the ground.

Extra note for the Rookies: „HR Push Ups on knees“ as scaling is allowed.

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GEAR 9

EVENT 1 - STANDARDS

Kettlebell goblet alternating reverse lunges:

Starting the reverse motion will only be allowed while the Kettlebell is being supported in the Goblet position / under the chin, in front of the chest. Each lunge has to be done with alternating steps. The trailing knee must make contact with the ground at the bottom.

At the top of each step, the athlete must stand with the hips and knees fully extended.

Kettlebell snatch:

The lift will start with lifting the Kettlebell off the floor into the hang position (between the legs).

The Kettlebell must be lifted overhead in one motion. The hips, knees and the arm are fully extended, with the Kettlebell directly over or slightly behind the body. The non-working hand may not come into contact with the body. Once the athlete has reached lockout, the repetition will count.

Dumbbell goblet squat:

To start, the athlete stands tall, holding the dumbbell in the Goblet position / under the chin, in front of the chest. In the squat, the athlete's hip crease must clearly pass below the top of the knees in the bottom position. At the top, the rep is given when the athlete's hips and knees are fully extended. The rep must be successfully completed before the athlete drops the dumbbell.

Airsquat:

The athlete stands tall before starting the rep.

In the squat, the athlete's hip crease must clearly pass below the top of the knees in the bottom position. At the top, the rep is given when the athlete's hips and knees are fully extended.

(Alternating) Dumbbell snatch:

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion.

The non-working hand may not come into contact with the body. The hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body. Once the athlete has reached lockout, the repetition will count.

Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. (Not for Rookies!)

Touch-and-go is permitted. Bouncing the dumbbell is not allowed.

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GEAR 9

EVENT 1 - STANDARDS

Kettlebell suitcase carry:

To start the Carry walk, the weight has to be lifted off the ground with one hand. Also during the walk, the athlete uses only one hand, holding the Kettlebell next to / on the side of his body.

Only 5m increments will count.

Kettlebell (Hang) clean + shoulder to overhead:

The lift will start with lifting the Kettlebell off the floor into the hang position. From there, the athlete performs a clean, finishing tall and with the Kettlebell on the shoulder and elbow in front of the Kettlebell.

The shoulder to overhead can be a shoulder press, push press or a (push) jerk.

The non-working hand may not come into contact with the body.

The repetition is given when the hips, knees and the arm are fully extended, with the Kettlebell directly over or slightly behind the body.

Dumbbell suitcase carry:

To start the walk, the weight has to be lifted off the ground with one hand. Also during the walk, the athlete uses only one hand, holding the dumbbell next to / on the side of his body.

Only 5m increments will count.

Dumbbell power clean + jerk/shoulder to overhead:

The lift will start with lifting the dumbbell off the floor into the clean-position, finishing tall and fully extended, with the dumbbell on the shoulder and elbow in front of the dumbbell.

The shoulder to overhead can be a Jerk, Push Press or Press.

The non-working hand may not come into contact with the body.

The repetition is given when the hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body.

Row for calories

The damper setting and foot positions may be adjusted by the athletes 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 athletes who row first may sit on the rower and get ready but shouldn't touch the handles till the clock says „go“. The final result is the number of calories at the end of the workout after 24 minutes.

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The pairs of athletes A+B and C+D don't have to be the same for Event 1 and Event 2