



## FIREBREATHERS

# EVENT 1

Time cap: 28 minutes

## WOD 1

**40 Synchro alternating DB Snatches** 22.5/15kg

**20 Synchro Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

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**40 Synchro DB Thruster** 22.5/15kg

**20 Synchro Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Synchro DB Overhead Reverse Lunges** 22.5/15kg

**20 Synchro Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Double DB Snatches** 22.5/15kg

**40 Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Double DB Thruster** 22.5/15kg

**40 Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Double DB Overhead reverse Lunges** 22.5/15kg

**40 Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 DB Overhead squat** 22.5/15kg

**40 Alternating Single leg crossover toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

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## HOW DO I ENTER MY SCORE?

**WOD 1** = Total of reps or time

You have to enter the amount of reps or the time if you finished the wod before the 28 minute time cap.



REGULARS

# EVENT 1

Time cap: 28 minutes

## WOD 1

**40 Synchro alternating DB Snatches** 15/10kg

**20 Synchro Toes over hip**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Synchro DB Thruster** 15/10kg

**20 Synchro Toes over hip**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Synchro DB Overhead Reverse Lunges** 15/10kg

**20 Synchro Toes over hip**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Double DB Snatches** 15/10kg

**20 Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Double DB Thruster** 15/10kg

**20 Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Double DB Front Rack/Overhead reverse Lunges** 15/10kg

**20 Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 DB Overhead squat** 15/10kg

**20 Synchro Toes to bar**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

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## HOW DO I ENTER MY SCORE?

**WOD 1** = Total of reps or time

You have to enter the amount of reps or the time if you finished the wod before the 28 minute time cap.



ROOKIES

# EVENT 1

Time cap: 28 minutes

## WOD 1

**40 Synchro hang DB Snatches** 10/5kg

**20 Synchro Hanging knee raise**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Synchro DB Thruster** 10/5kg

**20 Synchro Hanging knee raise**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**40 Synchro DB Front rack reverse Lunges** 10/5kg

**20 Synchro Hanging knee raise**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**20 Double DB hang Snatches** 10/5kg

**20 Toes over hip**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**20 Double DB Thruster** 10/5kg

**20 Toes over hip**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**20 Double DB Front Rack reverse Lunges** 10/5kg

**20 Toes over hip**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

---

**20 DB Windmills** 10/5kg

**20 Synchro Candlestick to rack**

**8 x 1 Synchro Burpee + 5 meter Run** (4 athletes)

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## HOW DO I ENTER MY SCORE?

**WOD 1** = Total of reps or time

You have to enter the amount of reps or the time if you finished the wod before the 28 minute time cap.



FIREBREATHERS

# EVENT 1 - SCORECARD

WOD 1	
40 Synchro alternating DB Snatches 22.5/15kg	40
20 Synchro Toes to bar	60
8 x 1 Synchro Burpee + 5 meter Run	68
40 Synchro DB Thruster 22.5/15kg	108
20 Synchro Toes to bar	128
8 x 1 Synchro Burpee + 5 meter Run	136
40 Synchro DB Overhead Reverse Lunges 22.5/15kg	176
20 Synchro Toes to bar	196
8 x 1 Synchro Burpee + 5 meter Run	204
40 Double DB Snatches 22.5/15kg	244
40 Toes to bar	284
8 x 1 Synchro Burpee + 5 meter Run	292
40 Double DB Thruster 22.5/15kg	332
40 Toes to bar	372
8 x 1 Synchro Burpee + 5 meter Run	380
40 Double DB Overhead reverse Lunges 22.5/15kg	420
40 Toes to bar	460
8 x 1 Synchro Burpee + 5 meter Run	468
40 DB Overhead squat 22.5/15kg	508
40 Alternating Single leg crossover toes to bar	548
8 x 1 Synchro Burpee + 5 meter Run	556
TOTAL OF REPS OR TIME (IF FINISHED)	

CATEGORY: ☐ FIREBREATHERS

WOD 1 : Total of Reps or Time (if finished)

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

# EVENT 1 - SCORECARD

WOD 1	
40 Synchro alternating DB Snatches 15/10kg	40
20 Synchro Toes over hip	60
8 x 1 Synchro Burpee + 5 meter Run	68
40 Synchro DB Thruster 15/10kg	108
20 Synchro Toes over hip	128
8 x 1 Synchro Burpee + 5 meter Run	136
40 Synchro DB Overhead Reverse Lunges 15/10kg	176
20 Synchro Toes over hip	196
8 x 1 Synchro Burpee + 5 meter Run	204
40 Double DB Snatches 15/10kg	244
20 Toes to bar	264
8 x 1 Synchro Burpee + 5 meter Run	272
40 Double DB Thruster 15/10kg	312
20 Toes to bar	332
8 x 1 Synchro Burpee + 5 meter Run	340
40 Double DB Front Rack / Overhead reverse Lunges 15/10kg	380
20 Toes to bar	400
8 x 1 Synchro Burpee + 5 meter Run	408
40 DB Overhead squat 15/10kg	448
20 Synchro Toes to bar	468
8 x 1 Synchro Burpee + 5 meter Run	476
TOTAL OF REPS OR TIME (IF FINISHED)	

CATEGORY: ☐ REGULARS

WOD 1 : Total of Reps or Time (if finished)

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

# EVENT 1 - SCORECARD

WOD 1	
40 Synchro hang DB Snatches 10/5kg	40
20 Synchro Hanging knee raise	60
8 x 1 Synchro Burpee + 5 meter Run	68
40 Synchro DB Thruster 10/5kg	108
20 Synchro Hanging knee raise	128
8 x 1 Synchro Burpee + 5 meter Run	136
40 Synchro DB Front rack reverse Lunges 10/5kg	176
20 Synchro Hanging knee raise	196
8 x 1 Synchro Burpee + 5 meter Run	204
20 Double DB hang Snatches 10/5kg	224
20 Toes over hip	244
8 x 1 Synchro Burpee + 5 meter Run	252
20 Double DB Thruster 10/5kg	272
20 Toes over hip	292
8 x 1 Synchro Burpee + 5 meter Run	300
20 Double DB Front Rack reverse Lunges 10/5kg	320
20 Toes over hip	340
8 x 1 Synchro Burpee + 5 meter Run	348
20 DB Windmills 10/5kg	368
20 Synchro Candlestick to rack	388
8 x 1 Synchro Burpee + 5 meter Run	396
TOTAL OF REPS OR TIME (IF FINISHED)	

CATEGORY: ☐ ROOKIES

WOD 1 : Total of Reps or Time (if finished)

TEAM name : TEAM signature : JUDGE name :



# EVENT 1 - STANDARDS

## Synchronized

### Alternating Dumbbell Snatch **FIR** **REG**

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. At the top, the hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body.

Once both athletes have reached lockout at the same time, the repetition will count.

Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.

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

### Synchronized Alternating Hang Dumbbell Snatches **ROO**

For Rookies, the same standard applies except that the execution is done from the hang position, with straight arms on the bottom.

Athletes lift the dumbbell from the floor, standing tall and start from the hang. (knee height)

### Double (Hang\*) Dumbbell Snatch **FIR** **REG** **ROO**

The double dumbbell snatch starts with two dumbbells on the ground between the feet and finishes with the dumbbells directly overhead.

At the bottom of the movement, all heads of the dumbbells must touch the ground. The dumbbells must be lifted overhead in one motion.

At the top, the hips, knees and the arm are fully extended, with the dumbbells directly over or slightly behind the body.

Once the athlete has reached lockout the repetition will count.

\*For Rookies the same standard applies except that the execution is done from the hang position, with straight arms on the bottom.

Athletes lift the dumbbells from the floor, standing tall and start from the hang. (knee height)

### (Synchronized) Toes To Bar **FIR** **REG**

In the toes to bar, the athletes 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.

For a good synchro rep, the athletes must hit the pull-up bar at the same time (e.g. four feet touch the bar at the same time).

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# EVENT 1 - STANDARDS

## **(Synchronized) Toes Over Hip** **REG** **ROO**

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 athletes must raise their feet above the height of their hips.

For a good synchro rep, the athletes must raise their feet above the height of their hips at the same time.

## **Synchronized Hanging Knee Raise** **ROO**

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 athletes must raise their knees above the height of their hips.

For a good synchro rep, the athletes must raise their knees above the height of their hips at the same time.

## **Alternating Single Leg Crossover Toes To Bar** **FIR**

In the alternating single leg crossover toes to bar, the athletes must go from a full hang to having the toes touch the pull-up bar.

One foot must be in contact with the bar outside of the opposite hand, switching feet/sides every rep.

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 Burpee + Run** **FIR** **REG** **ROO**

One rep is one synchronized Burpee plus a 5 meter run, performed by the whole team.

For a good synchro rep all four athletes are with the chest on ground, hands behind and not touching the line. (But heads can be over the line.)

The rep is finished once the last athlete has run over the line.

## **(Synchronized) (One Arm)**

### **Dumbbell Thruster** **FIR** **REG** **ROO**

The first repetition starts with the dumbbells on the ground. A full squat clean into the thruster is allowed. In each repetition, the dumbbells have to be held in a front rack position during the squat. The hip crease must clearly pass below the top of the knees in the bottom position. Using a ball, box or other object to check for proper depth is not allowed.

The dumbbells must come in one motion to a full lockout overhead. The hips, knees and the arm are fully extended, with the dumbbell directly over or slightly behind the body. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep." The non-lifting hand and arm may not be in contact with the body during the repetition or give any assistance moving or holding the dumbbells.

The synchro rep is given when both athletes

are locked out at the same time (with full extension of hips, knees and arm & the DB overhead).

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# EVENT 1 - STANDARDS

## (Synchronized) Dumbbell Overhead

### or Front rack\* Reverse Lunges **FIR** **REG** **ROO**

Athletes are starting the reverse motion as soon as the DB is in a straight arm overhead position.

The trailing knee must make contact with the ground at the bottom behind the front foot.

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

For the synchro rep both athletes have full extension of the hips, knees and arms at the lockout at the same time.

\*Dumbbell Position for the Front Rack/Overhead hold: One DB overhead, one DB in Front Rack Position.

\*Dumbbell Position for the Double Front Rack hold: two DB in Front Rack Position.

## Dumbbell Overhead Squat **FIR** **REG**

To start, the athlete stands tall, knees and hips extended, holding the dumbbell in the overhead position / straight arm, over or slightly behind the head (DB must remain above the head at all time). 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.

## Dumbbell Windmill **ROO**

To start, the athlete stands tall, holding the dumbbell straight up in the overhead position. Arms can bend during the motion but the DB cannot touch the arm.

While bending the hip to the side and hinging, the athlete reaches with the opposite hand until touches the floor between the feet.

The rep is given once the hand touches the ground and the athlete reverses the motion back to the starting position and stands tall, with knees and hips extended.

## Synchronized Candlestick Leg Lift To Rack **ROO**

Athletes are laying on the floor touching/holding the rack pole with straight arms. They lift their legs off of the floor to touch the rack. The synchro rep is given when both athlete's feet are touching the rack at the same time.

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