



FIREBREATHERS

EVENT 3

Time cap: 24 minutes

WOD 4

Row for Calories (each athlete must row 6 min)

Each athlete MUST row unbroken for 6 minutes.

(Switching after 6:00, 12:00, 18:00)

Runs simultaneously with wod 5

WOD 5

240 Double-unders

60 Synchro Pull-ups

60 Partner Wall Balls 20/14lbs - 10 feet

30 Hang Power Cleans 60/40

120 Single Crossovers

40 Synchro chest-to-bars

40 Partner Wall Balls 20/14lbs - 10 feet

20 Hang Power Cleans 60/40

60 Double Crossovers

20 Synchro bar muscle-ups

20 Partner Wall Balls 20/14lbs - 10 feet

10 Hang Power Cleans 60/40

Amrap remaining time:

12 Hang Power Cleans 80/55

8 Pullovers

4 handstand course

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GEAR 9

HOW DO I ENTER MY SCORE?

WOD 4 = Total of calories

WOD 5 = Total of reps



REGULARS

EVENT 3

Time cap: 24 minutes

WOD 4

Row for Calories (each athlete must row 6 min)

Each athlete MUST row unbroken for 6 minutes.

(Switching after 6:00, 12:00, 18:00)

Runs simultaneously with wod 5

WOD 5

240 Backwards Single unders

60 Pull-ups

60 Partner Wall Balls 14/10lbs - 9 feet

30 Hang Power Cleans 50/35

80 Single Crossovers

40 Synchro Pull-ups

40 Partner Wall Balls 14/10lbs - 9 feet

20 Hang Power Cleans 50/35

60 Double Unders

20 Chest-to-bar pull-ups

20 Partner Wall Balls 14/10lbs - 9 feet

10 Hang Power Cleans 50/35

Amrap remaining time:

12 Hang Power Cleans 60/40

8 Jumping Bar Muscle-Ups (Bar - Chin height)

4 x 5m Assisted handstand Walk (or handstand Walk)

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GEAR 9

HOW DO I ENTER MY SCORE?

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WOD 5 = Total of reps



ROOKIES

EVENT 3

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WOD 4

Row for Calories (each athlete must row 6 min)

Each athlete MUST row unbroken for 6 minutes.

(Switching after 6:00, 12:00, 18:00)

Runs simultaneously with wod 5

WOD 5

180 Backwards Single unders

60 Synchro Jumping Pull-ups

60 Partner Wall Balls 10/6lbs - 8 feet

30 Hang Power Clean 30/20

40 Single Crossovers

40 Jumping chest-to-bars

40 Partner Wall Balls 10/6lbs - 8 feet

20 Hang Power Clean 30/20

20 Double Unders

20 Jumping bar muscle-ups (Bar - Chest height)

20 Partner Wall Balls 10/6lbs - 8 feet

10 Hang Power Clean 30/20

Amrap remaining time:

12 hang Power Cleans 35/25

8 Over and under bench

4 x 5m Wheelbarrow walks

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GEAR 9

HOW DO I ENTER MY SCORE?

WOD 4 = Total of calories

WOD 5 = Total of reps



FIREBREATHERS

EVENT 3 - SCORECARD

WOD 4

NUMBER OF CALORIES

WOD 5

240 Double-unders	240			
60 Synchro Pull-ups	300			
60 Partner Wall Balls 20/14lbs - 10 feet	360			
30 Hang Power Cleans 60/40	390			
120 Single Crossovers	510			
40 Synchro chest-to-bars	550			
40 Partner Wall Balls 20/14lbs - 10 feet	590			
20 Hang Power Cleans 60/40	610			
60 Double Crossovers	670			
20 Synchro bar muscle-ups	690			
20 Partner Wall Balls 20/14lbs - 10 feet	710			
10 Hang Power Cleans 60/40	720			
Amrap in the remaining time:	ROUND 1	ROUND 2	ROUND 3	ROUND 4
12 Hang Power Cleans 80/55	732	756	780	804
8 Pullovers	740	764	788	812
4 handstand course	744	768	792	816
TOTAL OF REPS				

CATEGORY: ☐ FIREBREATHERS

WOD 4 : Total of Calories

WOD 5 : Total of Reps

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

EVENT 3 - SCORECARD

WOD 4

NUMBER OF CALORIES

WOD 5

240 Backwards Single unders				240	
60 Pull-ups				300	
60 Partner Wall Balls 14/10lbs - 9 feet				360	
30 Hang Power Cleans 50/35				390	
80 Single Crossovers				470	
40 Synchro Pull-ups				510	
40 Partner Wall Balls 14/10lbs - 9 feet				550	
20 Hang Power Cleans 50/35				570	
60 Double Unders				630	
20 chest-to-bar pull-ups				650	
20 Partner Wall Balls 14/10lbs - 9 feet				670	
10 Hang Power Cleans 50/35				680	
Amrap in the remaining time:		ROUND 1	ROUND 2	ROUND 3	ROUND 4
12 Hang Power Cleans 60/40		692	716	740	764
8 Jumping Bar Muscle-Ups (Bar - Chin height)		700	724	748	772
4 x 5m Assisted handstand Walk (or handstand Walk)		704	728	752	776
	TOTAL OF REPS				

CATEGORY: ☐ REGULARS

WOD 4 : Total of Calories

WOD 5 : Total of Reps

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

EVENT 3 - SCORECARD

WOD 4

NUMBER OF CALORIES

WOD 5

180 Backwards Single unders				180	
60 Synchro Jumping Pull-ups				240	
60 Partner Wall Balls 10/6lbs - 8 feet				300	
30 Hang Power Clean 30/20				330	
40 Single Crossovers				370	
40 Jumping chest-to-bars				410	
40 Partner Wall Balls 10/6lbs - 8 feet				450	
20 Hang Power Clean 30/20				470	
20 Double Unders				490	
20 Jumping bar muscle-ups (Bar - Chest height)				510	
20 Partner Wall Balls 10/6lbs - 8 feet				530	
10 Hang Power Clean 30/20				540	
Amrap in the remaining time:		ROUND 1	ROUND 2	ROUND 3	ROUND 4
12 hang Power Cleans 35/25		552	576	600	624
8 Over and under bench		560	584	608	632
4 x 5m Wheelbarrow walks		564	588	612	636
	TOTAL OF REPS				

CATEGORY: ☐ ROOKIES

WOD 4 : Total of Calories

WOD 5 : Total of Reps

TEAM name :

TEAM signature :

JUDGE name :



EVENT 3 - STANDARDS

Row For Calories **FIR** **REG** **ROO**

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“.

Each athlete **MUST** row unbroken for 6 minutes. (Switching after 6:00, 12:00, 18:00). Once an athlete has started, there is no substitutions until the next shift.

The final result is the number of calories at the end of the workout after 24 minutes.

An athlete can decide not to accumulate calories and „rest“ but the athlete must be seated on the rower at all time during the dedicated shift.

Double Unders **FIR** **REG** **ROO**

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.

Backwards Single Unders **REG** **ROO**

These are standard single unders, with the rope passing once around the body with each jump swinging the rope backwards.

Attempts where the rope catches before clearing once do not count.

Single Unders Crossover **FIR** **REG** **ROO**

The rope passes under the feet once for each jump. A two-foot take off and landing is required (no speed-steps). The rope must spin forward for the rep to count. A rep will be counted every time there is a change from hands crossed to hands uncrossed, or vice versa, **AND** the rope successfully passes under the feet. Only successful jumps are counted, not attempts. Counting begins the first time the hands cross and the rope passes successfully under the feet.

Double Unders Crossover **FIR**

These are double unders, where the jump rope goes under the feet twice in one jump, but with one of those rotations including a cross. The cross and the rep is given when an athlete twists their hands across one another so the left hand is near their right hip and their right hand near their left hip.

Pull-ups **REG**

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.

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EVENT 3 - STANDARDS

Synchronized Pull-ups **FIR** **REG**

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 synchro rep is given when both athletes clearly pass the horizontal plane of the bar with the chin. If one athlete reaches the horizontal plane of the bar ahead of the other, he/she may wait at the top position for the teammate.

Synchronized Jumping Pull-ups **ROO**

For jumping pull ups, the bar should be set up so it is at least 15cm above the top of the athlete's head when standing tall. At the bottom of each repetition, the arms must be fully extended.

The synchro rep is given when both athletes clearly pass the horizontal plane of the bar with the chin.

Chest To Bar Pull-ups **REG**

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.

Synchronized Chest To Bar Pull-ups **FIR**

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 synchro rep is given when the athletes clearly touch the bar with their chest 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.

Jumping Chest To Bar Pull-ups **ROO**

For jumping chest to bar Pull ups, the bar should be set up so it is at least 15cm above the top of the athlete's head when standing tall. At the bottom of each repetition, the arms must be fully extended. At the top, the chest must touch the bar underneath the collar bone.

Synchronized Jumping Chest To Bar Pull-ups **ROO**

For synchro jumping chest to bar pull ups, the bar should be set up so it is at least 15cm above the top of the athlete's head when standing tall. At the bottom of each repetition, the arms must be fully extended. The synchro rep is given when the athletes clearly touch the bar with their chest 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.

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GEAR 9



EVENT 3 - STANDARDS

Synchronized Bar Muscle-up* **FIR**

In the bar muscle up the athletes must pass from a hang below the bar 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 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 the athlete is kipping, a change of direction under the bar is required).

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

The synchro rep is given when both athletes are at the lock-out-top position.

Jumping Bar Muscle-up **REG ROO**

Same standard but Regulars and Rookies may use support (f.ex. a box) to jump in the top position:

Maximum box height for Regulars: pull up bar at chin height.

Maximum box height for Rookies: pull up bar at chest height/between collarbone and nipple-line.

The rep is given when starting with straight arms under the bar and finishing in a solid support position/with locked out elbows above the bar.

Pull Over* **FIR**

The pull over is a vertical pull on the pull-up bar followed by a backward roll of the body over the bar and pressing up in a support position.

Jumping and kipping is allowed.

The rep is given when starting with straight arms under the bar and finishing in a solid support position/with locked out elbows above the bar.

Under & Over bench **ROO**

The athlete may use hands to jump over the bench, then crawl back under the bench.

Max. height of the bench: 50cm

Partner Wallballs **FIR REG ROO**

The athletes are standing on either side of the target, starting by doing a full squat, hip crease below the knees. The center of the ball must hit the target at or above the specified target height and the other athlete has to catch.

If the ball hits low or does not hit the wall it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.

Firefighters: 20/14* lbs medball, 10 feet height

Regulars: 14/10* lbs medball, 9 feet height

Rookies: 10/6* lbs medball, 8 feet height

*For mixed pairs (if a male and female partner up on the wallball) the corresponding prescribed lighter medball may be used.

For ex for Firebreathers:

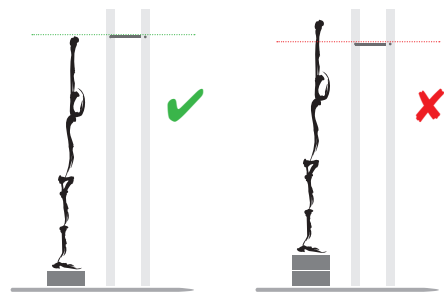
MALE + MALE = 20#

MALE + FEMALE = #14

FEMALE + FEMALE = #14

Height remains the same 10 feet

*For Bar Muscle-up and Pull Over



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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GEAR 9



EVENT 3 - STANDARDS

Hang Power Clean **FIR** **REG** **ROO**

The athlete has to lift the bar up until the knees and hips are extended (deadlift) and can then start going into the hang position. From the hang position the barbell must be lifted on the shoulders /in a front rack position in one motion.

The bar must be caught with the hip crease ABOVE the knee caps.

At the top, the repetition is given, when the hips and the knees are fully extended and the bar rests on the shoulders with the elbows clearly in front of the bar.

At the bottom of the reps, arms must be fully extended.

Handstand Course **FIR**

The athlete starts in a headstand on an abmat to do a freestanding handstand push up and transitions into a handstand walk and after one meter makes a U-turn (around a cone or similar object) back to the abmat, lowering back into a headstand.

The repetition is given when the athlete finishes in a controlled headstand.

(Assisted)* Handstand Walk **REG**

The handstand walk area must be divided into 2x 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.

The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.

If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line. Only the complete 5m section will be counted as 1 rep.

*Assisted Handstand Walk:

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

Wheelbarrow Walks **ROO**

The walk area must be divided into 5m segments visibly marked on the floor, 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.

An athlete starts in the plank or on his hands and knees. Another athlete grabs his feet and lifts him or her up so that he or she can run on his hands.

The repetition is given when both athletes are behind the line.

Only the complete 5m section will be counted as 1 rep.

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