



FIREBREATHERS

EVENT 1

Time cap: 24 minutes

WOD 1

3 rounds of

- 10 Hang Snatch (synchro 3)
- 10 Overhead Reverse Lunge (synchro 3)
- 10 Hang Clean and Jerk (synchro 3)
- 10 Box step up with DB/KB (synchro 2) - hold anyhow

8x Handstand walk circuit #1

(1 circuit = 2x 3 unbroken meters - same athlete)

2 rounds of

- 15 Hang Snatch (3)
- 15 Overhead Reverse Lunge (3)
- 15 Hang Clean and Jerk (3)
- 15 Box step up with DB/KB (2)

4x Handstand walk circuit #2

(1 circuit = 3m half pirouette and 3 m - all unbroken)

1 round of

- 30 Hang Snatch (3)
- 30 Overhead Reverse Lunge (3)
- 30 Hang Clean and Jerk (3)
- 30 Box step up with DB/KB (2)

4x Handstand walk circuit #3

(1 circuit = 3m + 3 m backward - all unbroken)

AMRAP in the remaining time

- 6 Synchro Thruster (3)
- 4x Sideways HS Walk 3m within 50 cm (=1 rep per length)

Dumbbells 22.5/15kg & Kettlebells 24/16kg
Box 61/51cm

The first rep of each snatch or clean and jerk set may be taken directly from the ground. There is NO requirement to pause at the hang on the first rep.

HOW DO I ENTER MY SCORE?

WOD 1 = Total of reps

IMPORTANT RULE

At the start of the WOD, each athlete must choose whether they will use a dumbbell or a kettlebell.

Once the choice is made, no switching is allowed. Each athlete must stick with their chosen equipment throughout the entire WOD.

You can use all the combinations you want as long as the team uses 2x DB and 2x KB with the weight matching the gender.

PRESENTED BY



CHEATER GRIPS

GEAR 9





REGULARS

EVENT 1

Time cap: 24 minutes

WOD 1

3 rounds of

- 10 Hang Snatch (synchro 3)
- 10 Overhead Reverse Lunge (synchro 3)
- 10 Hang Clean and Jerk (synchro 3)
- 10 Box step up with DB/KB (synchro 2) - hold anyhow

8x Assisted Handstand Walk Circuit #1

(1 circuit = 2x 3 unbroken meters - same athlete)

2 rounds of

- 15 Hang Snatch (3)
- 15 Overhead Reverse Lunge (3)
- 15 Hang Clean and Jerk (3)
- 15 Box step up with DB/KB (2)

8x Handstand walk 1.5 meter unbroken

(1 rep per length of 1.5 meter)

1 round of

- 30 Hang Snatch (3)
- 30 Overhead Reverse Lunge (3)
- 30 Hang Clean and Jerk (3)
- 30 Box step up with DB/KB (2)

4x Assisted Handstand Walk Circuit #2

(1 circuit = 1,5 meter + 1,5 meter backward - all unbroken)

AMRAP in the remaining time

- 6 Synchro Thruster (3)
- 4x Circuit #3: 1.5 meter + half pirouette just behind the line
+ walk back again behind the line

Dumbbells 15/10kg & Kettlebells 16/12kg
Box 61/51cm

IMPORTANT RULE

At the start of the WOD, each athlete must choose whether they will use a dumbbell or a kettlebell.

Once the choice is made, no switching is allowed. Each athlete must stick with their chosen equipment throughout the entire WOD.

You can use all the combinations you want as long as the team uses 2x DB and 2x KB with the weight matching the gender.

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GEAR 9



The first rep of each snatch or clean and jerk set may be taken directly from the ground. There is NO requirement to pause at the hang on the first rep.

HOW DO I ENTER MY SCORE?

WOD 1 = Total of reps



ROOKIES

EVENT 1

Time cap: 24 minutes

WOD 1

3 rounds of

- 10 Hang Snatch (synchro 3)
- 10 Front Rack Reverse Lunge (synchro 3)
- 10 Hang Clean and Jerk (synchro 3)
- 10 Box step up (synchro 2)

8x Bear crawl circuit #1

(1 circuit = 2x 3 unbroken meters - same athlete)

2 rounds of

- 15 Hang Snatch (3)
- 15 Front Rack Reverse Lunge (3)
- 15 Hang Clean and Jerk (3)
- 15 Box step up (synchro 2)

4x Wheelbarrow walk with pirouette circuit #2

(1 circuit = 3 meters half pirouette and 3 meters - all unbroken)

1 round of

- 30 Hang Snatch (3)
- 30 Front Rack Reverse Lunge (3)
- 30 Hang Clean and Jerk (3)
- 30 Box step up (synchro 2)

4x Wheelbarrow walk incl backwards circuit #3

(1 circuit = 3 meters + 3 meters backward - all unbroken)

AMRAP in the remaining time

- 6 Synchro Thruster (3)
- 4 Wheelbarrow walk sideways (=1 rep per length)

Dumbbells 10/5kg & Kettlebells 12/6kg
Box 51cm

The first rep of each snatch or clean and jerk set may be taken directly from the ground. There is NO requirement to pause at the hang on the first rep.

HOW DO I ENTER MY SCORE?

WOD 1 = Total of reps

IMPORTANT RULE

At the start of the WOD, each athlete must choose whether they will use a dumbbell or a kettlebell.

Once the choice is made, no switching is allowed. Each athlete must stick with their chosen equipment throughout the entire WOD.

You can use all the combinations you want as long as the team uses 2x DB and 2x KB with the weight matching the gender.

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CHEATER GRIPS

GEAR 9



**FIREBREATHERS**

EVENT 1 - SCORECARD

WOD 1		ROUND 1	ROUND 2	ROUND 3					
10 SYNCHRO HANG SNATCH (3)		10	50	90					
10 OVERHEAD REVERSE LUNGE (3)		20	60	100					
10 SYNCHRO HANG CLEAN AND JERK (3)		30	70	110					
10 SYNCHRO BOX STEP UP WITH DB/KB (2)		40	80	120					
8 HANDSTAND WALK CIRCUIT #1 (1 CIRCUIT = 2X 3 UNBROKEN METERS - SAME ATHLETE)				128					
			ROUND 1	ROUND 2					
15 SYNCHRO HANG SNATCH (3)			143	203					
15 OVERHEAD REVERSE LUNGE (3)			158	218					
15 SYNCHRO HANG CLEAN AND JERK (3)			173	233					
15 SYNCHRO BOX STEP UP WITH DB/KB (2)			188	248					
4 HANDSTAND WALK CIRCUIT #2 (1 CIRCUIT = 3 M HALF PIROUETTE AND 3 M - ALL UNBROKEN)				252					
				ROUND 1					
30 SYNCHRO HANG SNATCH (3)				282					
30 OVERHEAD REVERSE LUNGE (3)				312					
30 SYNCHRO HANG CLEAN AND JERK (3)				342					
30 SYNCHRO BOX STEP UP WITH DB/KB (2)				372					
4 HANDSTAND WALK CIRCUIT #3 (1 CIRCUIT = 3 M + 3 M BACKWARD - ALL UNBROKEN)				376					
AMRAP REMAINING TIME		R1	R2	R3	R4	R5	R6	R7	R8
6 SYNCHRO THRUSTER (3)		382	392	402	412	422	432	442	452
4 SIDEWAYS HS WALK 3M WITHIN 50 CM (=1 REP PER LENGTH)		386	396	406	416	426	436	446	456

CATEGORY: ☐ FIREBREATHERS**WOD 1 :****TOTAL REPS**

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

EVENT 1 - SCORECARD

WOD 1				ROUND 1		ROUND 2		ROUND 3			
10 SYNCHRO HANG SNATCH (3)				10		50		90			
10 OVERHEAD REVERSE LUNGE (3)				20		60		100			
10 SYNCHRO HANG CLEAN AND JERK (3)				30		70		110			
10 SYNCHRO BOX STEP UP WITH DB/KB (2)				40		80		120			
8 ASSISTED HS WALK CIRCUIT (1 CIRCUIT = 2X 3 UNBROKEN METERS - SAME ATHLETE)								128			
						ROUND 1		ROUND 2			
15 SYNCHRO HANG SNATCH (3)						143		203			
15 OVERHEAD REVERSE LUNGE (3)						158		218			
15 SYNCHRO HANG CLEAN AND JERK (3)						173		233			
15 SYNCHRO BOX STEP UP WITH DB/KB (2)						188		248			
8 HANDSTAND WALK 1.5M UNBROKEN (1 REP PER LENGTH OF 1.5 M)								256			
								ROUND 1			
30 SYNCHRO HANG SNATCH (3)								286			
30 OVERHEAD REVERSE LUNGE (3)								316			
30 SYNCHRO HANG CLEAN AND JERK (3)								346			
30 SYNCHRO BOX STEP UP WITH DB/KB (2)								376			
4 ASSISTED HS WALK CIRCUIT (1 CIRCUIT = 1,5 M + 1,5 M BACKWARD - ALL UNBROKEN)								380			
AMRAP REMAINING TIME				R1	R2	R3	R4	R5	R6	R7	R8
6 SYNCHRO THRUSTER (3)				386	396	406	416	426	436	446	456
4 1.5M + PIROUETTE JUST BEHIND THE LINE + WALK BACK AGAIN BEHIND THE LINE				390	400	410	420	430	440	450	460

CATEGORY: ☐ REGULARS

WOD 1 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

EVENT 1 - SCORECARD

WOD 1		ROUND 1		ROUND 2		ROUND 3			
10 SYNCHRO HANG SNATCH (3)		10		50		90			
10 FRONT RACK REVERSE LUNGE (3)		20		60		100			
10 SYNCHRO HANG CLEAN AND JERK (3)		30		70		110			
10 SYNCHRO BOX STEP UP (2)		40		80		120			
8 BEAR CRAWL CIRCUIT (1 CIRCUIT = 2X 3 UNBROKEN METERS - SAME ATHLETE)						128			
				ROUND 1		ROUND 2			
15 SYNCHRO HANG SNATCH (3)				143		203			
15 FRONT RACK REVERSE LUNGE (3)				158		218			
15 SYNCHRO HANG CLEAN AND JERK (3)				173		233			
15 SYNCHRO BOX STEP UP (2)				188		248			
4 WHEELBARROW WALK WITH PIROUETTE CIRCUIT (1 CIRCUIT = 3 M HALF PIROUETTE AND 3 M - ALL UNBROKEN)						252			
						ROUND 1			
30 SYNCHRO HANG SNATCH (3)						282			
30 FRONT RACK REVERSE LUNGE (3)						312			
30 SYNCHRO HANG CLEAN AND JERK (3)						342			
30 SYNCHRO BOX STEP UP (2)						372			
4 WHEELBARROW WALK INCL BACKWARDS CIRCUIT (1 CIRCUIT = 3 M + 3 M BACKWARD - ALL UNBROKEN)						376			
AMRAP REMAINING TIME		R1	R2	R3	R4	R5	R6	R7	R8
6 SYNCHRO THRUSTER (3)		382	392	402	412	422	432	442	452
4 WHEELBARROW WALK SIDEWAYS (=1 REP PER LENGTH)		386	396	406	416	426	436	446	456

CATEGORY: ☐ ROOKIES

WOD 1 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :



EVENT 1 - STANDARDS

Synchronized Hang Snatch **FIR** **REG** **ROO**

The first rep of each snatch or clean and jerk set may be taken directly from the ground. There is NO requirement to pause at the hang on the first rep.

The weight must be lifted overhead in one motion. The hips, knees and the arm are fully extended, with the weight directly over or slightly behind the body. The non-working hand may not come into contact with the body. For the synchro rep, all athletes are standing straight, with a lockout position, at the same time. All 3 athletes must lift with the same arm (side) for the synchro to count. They can change arms whenever they want but all have to do so (no minimum per arm).

Synchronized one arm Overhead / Front rack reverse Lunge **FIR** **REG** **ROO**

Athletes are starting the reverse lunge motion as soon as the weights are in a straight arm overhead position / front rack position.

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

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

For the synchro rep, all athletes are standing tall / have full extension of the hips, knees (and arms) at the lockout at the same time.

All 3 athletes must lift with the same arm (side) for the synchro to count. They can change arms whenever they want but all have to do so (no minimum per arm).

Synchronized Hang Clean & Jerk: **FIR** **REG** **ROO**

The first rep of each snatch or clean and jerk set may be taken directly from the ground. There is NO requirement to pause at the hang on the first rep.

The athletes perform a clean, finishing tall and with the weight on the shoulder and elbow in front of the weight.

The jerk / 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.

For the synchro rep, all athletes are standing straight, with a lockout position, at the same time, knees and the arm are fully extended, with the weight directly over or slightly behind the body.

All 3 athletes must lift with the same arm (side) for the synchro to count. They can change arms whenever they want but all have to do so (no minimum per arm).

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GEAR 9



Synchronized Box step up: **FIR** **REG** **ROO**

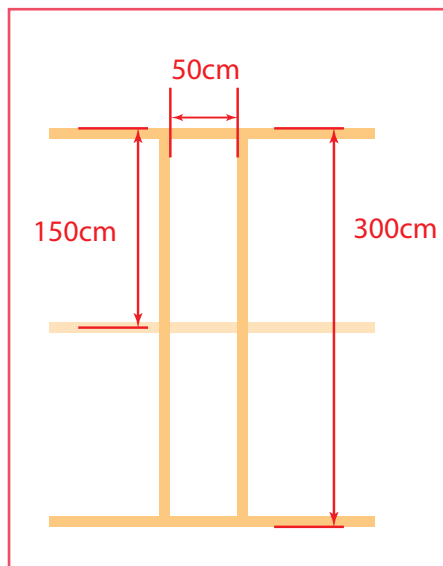
Both athletes start with both feet on the ground and face the side of the box. For Firebreathers & Regulars: the weight can hold anyhow/anystyle. For Rookies: no weight. Using hands to push into the legs during the



EVENT 1 - STANDARDS

step up is not allowed. Only the feet may make contact with the box. At the end of the step up, both feet must be completely on top of the box. The synchro rep is given when both athletes standing tall on the box and finished the step up: feet are fully on the box and the hips and knees are fully extended.

Marking on the floor for HSW
Same for all divisions



Synchronized one arm Thruster **FIR** **REG** **ROO**

The first repetition starts with the weight on the ground. A full squat clean into the thruster is allowed. In each repetition, the weight has 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 weight must come in one motion to a full lockout overhead. The hips, knees and the arm are fully extended, with the weight 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 weight.

The synchro rep is given when all athletes are locked out at the same time (with full extension of hips, knees and arm & the weight overhead). All 3 athletes must lift with the same arm (side) for the synchro to count. They can change arms whenever they want but all have to do so (no minimum per arm).

Handstand walk (circuit #1): **FIR**

The handstand walk area must be clearly marked on the floor. It is 3 meters in total and is divided by a 1.5-meter segment marking. (Walking more than 3 meters in one direction without turning around is not allowed.)

An additional 50-centimeter-wide area must be marked in the middle of the 3-meter-long area. (See Sketch in the Scoresheet)

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, the athlete must restart.

Both hands, including palms and fingers, must cross the line.

Only 2x 3 unbroken meters by the same athlete will be counted as 1 rep.

Handstand walk (circuit #2) **FIR**

Start, as in Circuit #1, the athlete performs 3 unbroken meters handstand walk, does a half pirouette behind the line and walks back 3 meters. 6 unbroken meters by the same athlete will be counted as 1 rep.

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CHEATER GRIPS

GEAR 9





EVENT 1 - STANDARDS

Handstand walk (circuit #3) **FIR**

Start, as in Circuit #1, the athlete performs 3 unbroken meters of handstand walk and as soon as both hands have clearly crossed the line, they start going backwards for 3 more unbroken meters of handstand walk

6 unbroken meters by the same athlete will be counted as 1 rep.

Sideways Handstand walk **FIR**

Start, as in Circuit #1, the athlete performs 3 unbroken meters of sideways handstand walk within the 50 cm area. During the walk the hands have to remain in the box. No part of the hands can touch the line (except the lines marking the 3 meter distance)

One length / 3 unbroken meters by the same athlete will be counted as 1 rep.

Assisted Handstand walk circuit #1 **REG**

The handstand walk area must be clearly marked on the floor.

It is 3 meters in total and is divided by a 1.5-meter segment marking.

(Walking more than 3 meters in one direction without turning around is not allowed.)

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

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, the athlete must restart.

Both hands, including palms and fingers, must cross the line.

The athlete can do it unassisted as long as the standards are met.

Only 2x 3 unbroken meters by the same athlete will be counted as 1 rep.

Handstand Walk **REG**

Start, as in Circuit #1, the athlete performs 1,5 unbroken meters of handstand walk.

The athlete can do 2 consecutive lengths.

One length / 1,5 unbroken meters by the same athlete will be counted as 1 rep.

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EVENT 1 - STANDARDS

Assisted Handstand walk circuit #2 **REG**

Start, as in Circuit #1, the athlete performs 1,5 unbroken meters of handstand walk and as soon as they cross the line, they perform 1,5 unbroken meters of handstand walk backwards. One athlete can help the HSWalker, standing and walking behind the walker. The athlete can do it unassisted as long as the standards are met. 3 unbroken meters in total by the same athlete will be counted as 1 rep.

Handstand walk circuit #3 **REG**

Start, as in Circuit #1, the athlete performs 1,5 unbroken meters handstand walk, does a half pirouette behind the line and walks back behind the line. After the pirouette, the 2 hands have to clearly be in contact with the floor behind the line (without touching it) for the rep to count .

Bear Crawl circuit #1 **ROO**

The bear crawl area must be clearly marked on the floor. It is 3 meters in total and is divided by a 1.5-meter segment marking. (Crawling more than 3 meters in one direction without turning around is not allowed.)

An additional 50-centimeter-wide area must be marked in the middle of the 3-meter-long area. (See Sketch in the Scoresheet)

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. Both hands, including palms and fingers, and both feet, must cross the line.

Only 2x 3 unbroken meters by the same athlete will be counted as 1 rep.

Wheelbarrow walk circuit #2 **ROO**

Like for Circuit #1, the athlete starts behind the line. Getting into a plank position (or just waiting on hands and knees). Another athlete grabs the feet and lifts her or him up so that she or he can run on their hands.

Then they perform 3 unbroken meters wheelbarrow walk. BOTH athletes have to cross the 3-meter-line, doing a half pirouette to turn and to do 3 unbroken meters wheelbarrow walk back.

6 unbroken meters by the same athletes and without dropping will be counted as 1 rep.

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EVENT 1 - STANDARDS

Wheelbarrow walk circuit #3 **ROO**

Start, as in Circuit #1, the athlete starts behind the line. Getting into a plank position (or just waiting on hands and knees). Another athlete grabs the feet and lifts her or him up so that she or he can run on their hands.

Then they perform 3 unbroken meters wheelbarrow walk and as soon as the athlete walking on his hands have crossed the line, they perform 3 unbroken meters of wheelbarrow walk backwards.

6 unbroken meters by the same athletes and without dropping will be counted as 1 rep.

Sideways Wheelbarrow walk **ROO**

Start, as in Circuit #1, the athlete starts behind the line. Getting into a plank position (or just waiting on hands and knees). Another athlete grabs the feet and lifts her or him up so that she or he can run on their hands.

Then they perform 3 unbroken meters of sideways wheelbarrow walk.

One length / 3 unbroken meters by the same athletes and without dropping will be counted as 1 rep.

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