



FIREBREATHERS

# EVENT 1

Time cap: 24 minutes

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## WOD 1

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**15 Pullup synchro**

**15 Kettlebell swing synchro 24/16 (Russian)**

— directly into —

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**12 Chest-to-bar pullup synchro**

**12 Kettlebell snatch synchro 24/16**

— directly into —

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**9 Bar muscle up (shared)**

**9 KB overhead alternating lunge synchro 24/16**

*Pair 1 & 2 alternate every 4 minutes.*

*They always start at the beginning of the couplet.*

*Pairs MUST remain the same for the entire workout.*

The first rep of each snatch 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?

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**WOD 1** = Total of reps for Pair #1 and Pair #2 for the 3 sets

PRESENTED BY

**cross**equip

**GEAR 9**



REGULARS

# EVENT 1

Time cap: 24 minutes

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## WOD 1

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**15 Pullup**

**15 Kettlebell swing synchro 16/12 (Russian)**

— directly into —

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**12 Chest-to-bar pullup**

**12 Kettlebell snatch synchro 16/12**

— directly into —

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**9 Pullup synchro**

**9 KB overhead alternating lunge synchro 16/12**

*Pair 1 & 2 alternate every 4 minutes.*

*They always start at the beginning of the couplet.*

*Pairs MUST remain the same for the entire workout.*

The first rep of each snatch 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?

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**WOD 1** = Total of reps for Pair #1 and Pair #2 for the 3 sets

PRESENTED BY

**cross**equip

**GEAR 9**



ROOKIES

# EVENT 1

Time cap: 24 minutes

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## WOD 1

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**15 Jumping Pullup**

**15 Kettlebell swing synchro 12/8 (Russian)**

— directly into —

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**12 Jumping Chest-to-bar pullup**

**12 Kettlebell snatch synchro 12/8**

— directly into —

Pair #1: AMRAP 4 min then Pair #2: AMRAP 4 min

**9 Jumping Bar Muscle up**

**9 KB front rack alternating lunge synchro 12/8**

*Pair 1 & 2 alternate every 4 minutes.*

*They always start at the beginning of the couplet.*

*Pairs MUST remain the same for the entire workout.*

The first rep of each snatch 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 for Pair #1 and Pair #2 for the 3 sets

PRESENTED BY

**cross**equip

**GEAR 9**



FIREBREATHERS

# EVENT 1 - SCORECARD

## WOD 1

AMRAP 1 - PAIR #1	R1	R2	R3	R4	R5	R6
15 PULLUP SYNCHRO	15	45	75	105	135	165
15 KETTLEBELL SWING SYNCHRO 24/16 (RUSSIAN)	30	60	90	120	150	180
<b>TOTAL REPS</b>						

AMRAP 1 - PAIR #2	R1	R2	R3	R4	R5	R6
15 PULLUP SYNCHRO	15	45	75	105	135	165
15 KETTLEBELL SWING SYNCHRO 24/16 (RUSSIAN)	30	60	90	120	150	180
<b>TOTAL REPS</b>						

AMRAP 2 - PAIR #1	R1	R2	R3	R4	R5	R6
12 CHEST-TO-BAR PULLUP SYNCHRO	12	36	60	84	108	132
12 KETTLEBELL SNATCH SYNCHRO 24/16	24	48	72	96	120	144
<b>TOTAL REPS</b>						

AMRAP 2 - PAIR #2	R1	R2	R3	R4	R5	R6
12 CHEST-TO-BAR PULLUP SYNCHRO	12	36	60	84	108	132
12 KETTLEBELL SNATCH SYNCHRO 24/16	24	48	72	96	120	144
<b>TOTAL REPS</b>						

AMRAP 3 - PAIR #1	R1	R2	R3	R4	R5	R6
9 BAR MUSCLE UP (SHARED)	9	27	45	63	81	99
9 KB OVERHEAD ALTERNATING LUNGE SYNCHRO 24/16	18	36	54	72	90	108
<b>TOTAL REPS</b>						

AMRAP 3 - PAIR #2	R1	R2	R3	R4	R5	R6
9 BAR MUSCLE UP (SHARED)	9	27	45	63	81	99
9 KB OVERHEAD ALTERNATING LUNGE SYNCHRO 24/16	18	36	54	72	90	108
<b>TOTAL REPS</b>						

CATEGORY:  FIREBREATHERS

WOD 1 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

# EVENT 1 - SCORECARD

## WOD 1

AMRAP 1 - PAIR #1	R1	R2	R3	R4	R5	R6
15 PULLUP	15	45	75	105	135	165
15 KETTLEBELL SWING SYNCHRO 16/12 (RUSSIAN)	30	60	90	120	150	180
<b>TOTAL REPS</b>						

AMRAP 1 - PAIR #2	R1	R2	R3	R4	R5	R6
15 PULLUP	15	45	75	105	135	165
15 KETTLEBELL SWING SYNCHRO 16/12 (RUSSIAN)	30	60	90	120	150	180
<b>TOTAL REPS</b>						

AMRAP 2 - PAIR #1	R1	R2	R3	R4	R5	R6
12 CHEST-TO-BAR PULLUP	12	36	60	84	108	132
12 KETTLEBELL SNATCH SYNCHRO 16/12	24	48	72	96	120	144
<b>TOTAL REPS</b>						

AMRAP 2 - PAIR #2	R1	R2	R3	R4	R5	R6
12 CHEST-TO-BAR PULLUP	12	36	60	84	108	132
12 KETTLEBELL SNATCH SYNCHRO 16/12	24	48	72	96	120	144
<b>TOTAL REPS</b>						

AMRAP 3 - PAIR #1	R1	R2	R3	R4	R5	R6
9 PULLUP SYNCHRO	9	27	45	63	81	99
9 KB OVERHEAD ALTERNATING LUNGE SYNCHRO 16/12	18	36	54	72	90	108
<b>TOTAL REPS</b>						

AMRAP 3 - PAIR #2	R1	R2	R3	R4	R5	R6
9 PULLUP SYNCHRO	9	27	45	63	81	99
9 KB OVERHEAD ALTERNATING LUNGE SYNCHRO 16/12	18	36	54	72	90	108
<b>TOTAL REPS</b>						

CATEGORY:  REGULARS

WOD 1 :

TOTAL REPS

TEAM name : \_\_\_\_\_ TEAM signature : \_\_\_\_\_ JUDGE name : \_\_\_\_\_



ROOKIES

# EVENT 1 - SCORECARD

## WOD 1

AMRAP 1 - PAIR #1	R1	R2	R3	R4	R5	R6
15 JUMPING PULLUP	15	45	75	105	135	165
15 KETTLEBELL SWING SYNCHRO 12/8 (RUSSIAN)	30	60	90	120	150	180
<b>TOTAL REPS</b>						

AMRAP 1 - PAIR #2	R1	R2	R3	R4	R5	R6
15 JUMPING PULLUP	15	45	75	105	135	165
15 KETTLEBELL SWING SYNCHRO 12/8 (RUSSIAN)	30	60	90	120	150	180
<b>TOTAL REPS</b>						

AMRAP 2 - PAIR #1	R1	R2	R3	R4	R5	R6
12 JUMPING CHEST-TO-BAR PULLUP	12	36	60	84	108	132
12 KETTLEBELL SNATCH SYNCHRO 12/8	24	48	72	96	120	144
<b>TOTAL REPS</b>						

AMRAP 2 - PAIR #2	R1	R2	R3	R4	R5	R6
12 JUMPING CHEST-TO-BAR PULLUP	12	36	60	84	108	132
12 KETTLEBELL SNATCH SYNCHRO 12/8	24	48	72	96	120	144
<b>TOTAL REPS</b>						

AMRAP 3 - PAIR #1	R1	R2	R3	R4	R5	R6
9 JUMPING BAR MUSCLE UP	9	27	45	63	81	99
9 KB FRONT RACK ALTERNATING LUNGE SYNCHRO 12/8	18	36	54	72	90	108
<b>TOTAL REPS</b>						

AMRAP 3 - PAIR #2	R1	R2	R3	R4	R5	R6
9 JUMPING BAR MUSCLE UP	9	27	45	63	81	99
9 KB FRONT RACK ALTERNATING LUNGES SYNCHRO 12/8	18	36	54	72	90	108
<b>TOTAL REPS</b>						

CATEGORY:  ROOKIES

WOD 1 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :

# EVENT 1 - STANDARDS

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## **Synchro Russian Kettlebell Swing** **FIR** **REG** **ROO**

The movement will start with lifting the kettlebell off the floor into the hang position and finish with the kettlebell at eye level. The kettlebell must be swung in one motion, driven by the hips. At the top, the hips and knees must be fully extended, with the kettlebell reaching at least eye level. Once both athletes have reached the top of the swing at the same time, the repetition will count.

## **Synchro Hang Kettlebell Snatch** **FIR** **REG** **ROO**

The hang kettlebell snatch starts with the kettlebell from the hang position and finishes with the kettlebell directly overhead. The kettlebell must be lifted overhead in one continuous motion; a clean and jerk is not permitted. At the top, the hips, knees, and the arm must be fully extended, with the kettlebell directly over or slightly behind the midline of the body. Once both athletes have reached lockout at the same time, the repetition will count. Athletes may switch arms at their discretion at any time. The non-working hand may not come into contact with the body.

## **Synchro Kettlebell Overhead\* Lunges** **FIR** **REG**

Athletes are starting the motion as soon as the KB is in a straight arm overhead position / for Rookies: front rack position.

The Lunge can be a forward or a reverse step but it 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.

For the synchro rep both athletes must stand with the hips and knees fully extended at the top of each step.

### **\*Front Rack Position for Rookies** **ROO**

## **Pull Ups** **FIR**

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.

## **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, the athlete may wait at the top position for the teammate.

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# EVENT 1 - STANDARDS

## Chest To Bar Pull Ups **REG**

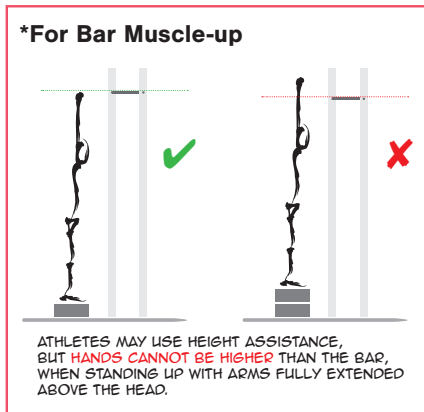
These are standard chest to bar pull ups. At the start of each rep, the arms must be fully extended and the feet must be off the ground. Any style of pull up or grip is permitted as long as the requirements are met. At the top, the chest must touch the bar underneath the collar bone.

## Synchro 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 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.

## 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.



## Bar Muscle-up\* **FIR**

In the bar muscle up the athlete 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 no portion of the foot can rise above the pull-up bar during the kip. 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.

## Jumping Bar Muscle Up **ROO**

Same standard as for the Bar Muscle Up (see above) but 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.

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