

WOD 1

- 5 min
 - 1000/800m Row
- 12 min AMRAP
 - 90 Double Under*
 - 30 Wall Ball
 - 30 T2B*
 - 30 Box Over*

WORKOUT VARIATIONS**Rx'd (Ages 30-44)**

6 kg Wall Ball (274,3 cm), 50 cm box
9 kg Wall Ball (305 cm), 60 cm box

Rx'd (Ages 45-54)

6 kg Wall Ball (274,3 cm), 40 cm box
9 kg Wall Ball (305 cm), 50 cm box

Rx'd (Ages 55-)

5 kg Wall Ball (274,3 cm), 40 cm box
9 kg Wall Ball (274,3 cm), 50 cm box

Scaled (Ages 30-44)

5 kg Wall Ball (274,3 cm), 50 cm box
9 kg Wall Ball (274,3 cm), 60 cm box

Scaled (Ages 45-54)

5 kg Wall Ball (274,3 cm), 40 cm box
9 kg Wall Ball (274,3 cm), 50 cm box

Scaled (Ages 55-)

5 kg Wall Ball (274,3 cm), 40 cm box
9 kg Wall Ball (274,3 cm), 40 cm box

*All scaled divisions and Rx'd 55+ may step up on box jump-overs.

*All scaled divisions Simple Under and Hanging knee raises

EQUIPMENTS

- Wall Ball of appropriate weight for the athlete's division.*
- Box of appropriate height for the athlete's division. The top of the box must be at least 40-by-40 cm.
- The official weight is in kg-s.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do NOT use a countdown timer.

NOTES

This workout begins with the athlete standing behind the rower. After the call of “3, 2, 1... go,” the athlete will sit down the rower, and perform 1000/800 meters distance. After the Athlete finishes the rowing have to wait until the clock reach 5-minute. Once the clock has reached the 5-minute time cap the B part starts. Athletes will perform 90 double unders, 30 wall Ball, 30 T2B and 30 box jump-overs. After completing the last repetition of

the box jump-overs the athlete moves back to the jump rope for the next round. Two part of WODs are scored separately.

Part A scored by total time. If uncompleted, the total distance in 5 minutes are scored by the distance. Part B scored by reps

Before you start the workout show all the equipments you are going to use in ‘Part A’ and ‘Part B’. There is no tiebreak for this workout.

MOVEMENT STANDARDS

ROWING



The competitor should set the “Single distance 1000/800 m” on the row. The level depends on the competitor or his / her coach. The display of the row also can be managed by other people. At finishing the excercise competitor should present his / her time score and the distance.

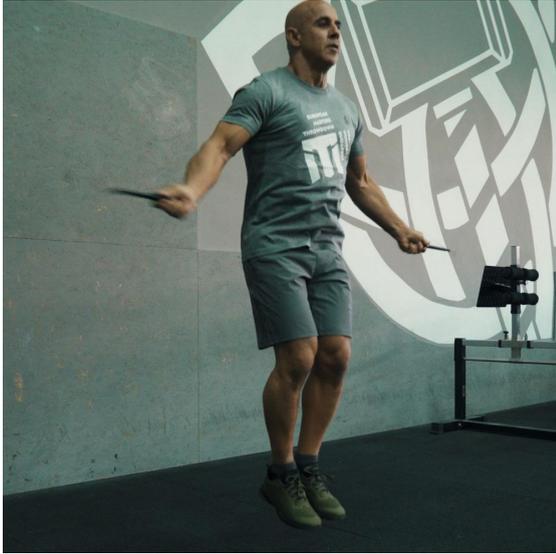


Key points for the jury:

The competitor doesn't grab the handle or start rowing before the clock turns to 5 minutes.

Not a rep if:

any key point misses

DOUBLE UNDER

Jump rope must complete two circles in one jump. Competitors must jump on both feet, rope must go forward.

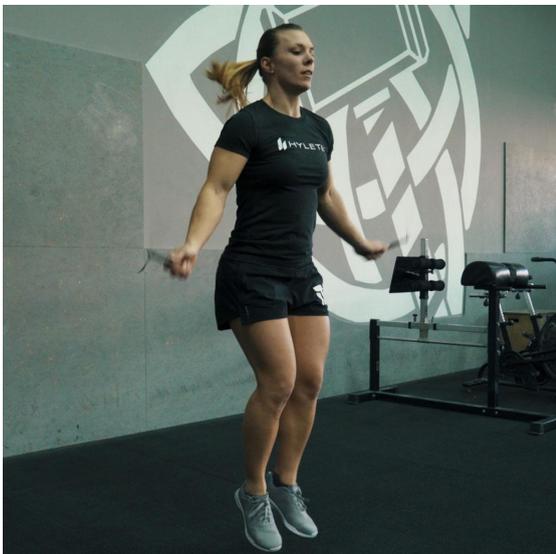
Key points for the jury:

Jumping:

- Jump on both feet
- rope must go forward and complete two circles

Not a rep if:

any key point misses

SIMPLE UNDER

Jump rope must complete one circles in one jump. Competitors must jump on both feet, rope must go forward.

Key points for the jury:

Jumping:

- Jump on both feet
- rope must go forward and complete one circles

Not a rep if:

any key point misses

WALL BALL

The competitors should pick up the ball from the floor, the first rep starts from a standing position (squat clean is not allowed!). The ball should be thrown to the target point from a deep squat position. In the squat position, the hips should go below the knees, in the upper standing position, the ball should hit the target point. The whole exercise should be performed with one continuous movement. If the ball hits the floor, you should wait until it stops bouncing, and then you're allowed to pick it up (you can stop bouncing with arms or legs).

**Key points of the jury:**

Squat position:

- hips below the knees

Standing position:

- the ball hit the target point
- the movement is continuous

Not a rep if:

any key point misses

TOES TO BAR

The exercise starts from a hanging position, with fully extended arms. The legs should clearly go behind the bar's line at each rep. In the lower position, the arms and hips should be extended, in the upper position both toes or feet should touch the bar at the same time. Touching with the sole is not allowed.

**Key points of the jury:**

Hanging position:

- the feet are behind the bar's line
- arms and hips extended

Finishing position:

- the bar has been touched with both toes or feet simultaneously
- toes or feet touched the bar in between the arms!

Not a rep if:

any key point misses

HANGING KNEE RAISES

Begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when the knees are above the hips. When performing continuous repetitions at the lower point, the feet must pass through the vertical plane of the bar

**Key points of the jury:**

Hanging position:

- the feet are behind the bar's line
- arms and hips extended

Finishing position:

- knees above the hips

Not a rep if:

any key point misses

BOX JUMP OVER

In the box jump over there is no requirement to stand tall while on top of the box. A two foot takeoff is always required and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing, and then jump off or step off. Each rep is counted when the athlete lands on the ground on the opposite side where they may begin their next rep.

**Key points of the jury:**

- The competitor other part of body doesn't touches the box
- two feet on the box at the same time required

Not a rep if:

any key point misses

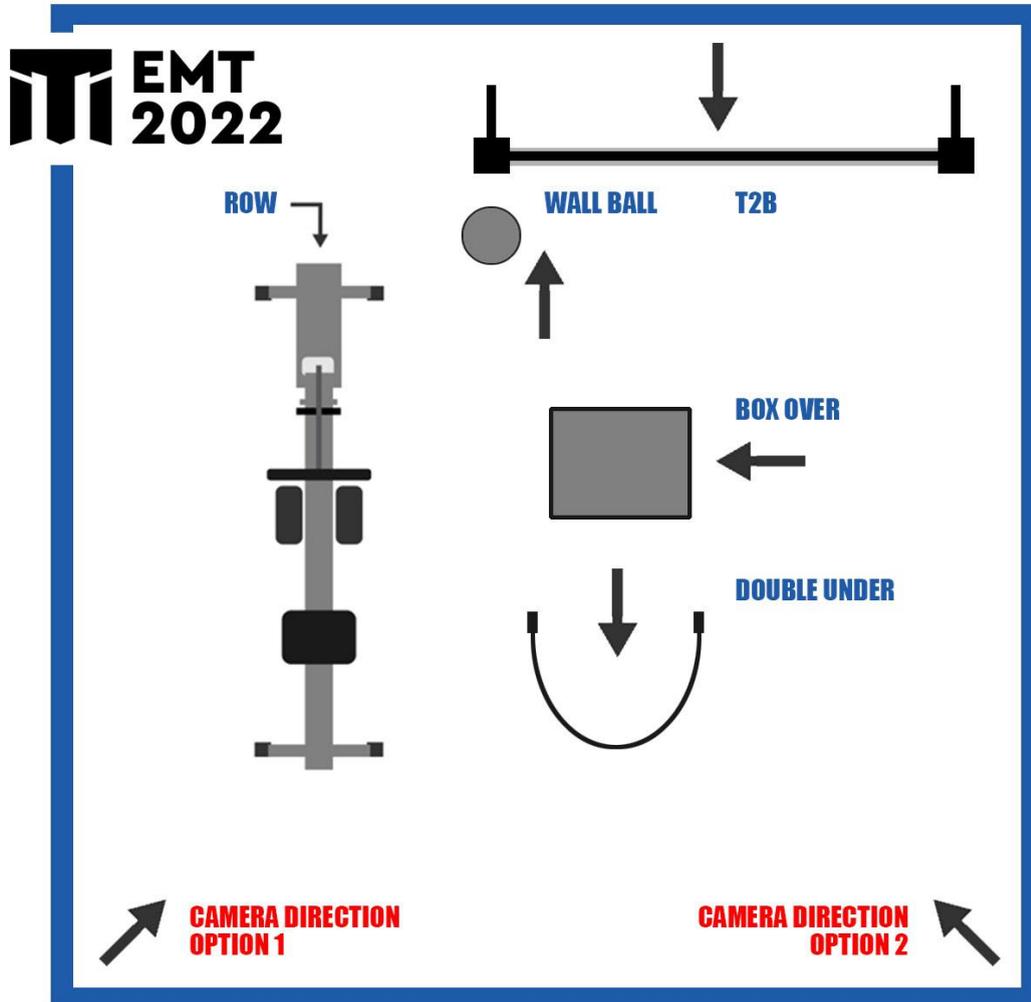
BOX STEP OVER

The box step over begins with both feet on the ground. When stepping up and over both feet must make contact with the top of the box, There is no requirement to stand tall while on the top of the box. The rap will be counted when most of the athletes feet touched the ground on the other side of the box.

**Key points of the jury:**

- The competitor other part of body doesn't touches the box
- two feet on the box at the same time required

**Not a rep if:
any key point misses**



WOD1 A-B

Part A. (00:00-05:00), FOR TIME

MOVEMENTS	REPS COMPLETED
1000/800 M ROW	

YOUR FINAL SCORE **TIME OR REPS**

Then, Part B. (05:00-17:00), 12 MIN AMRAP

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
90 DU/SU		90
30 WALL BALL		120
30 T2B/HANGING KNEE RAISES		150
30 BOX OVER		180
90 DU/SU		270
30 WALL BALL		300
30 T2B/HANGING KNEE RAISES		330
30 BOX OVER		360
90 DU/SU		450
30 WALL BALL		480
30 T2B/HANGING KNEE RAISES		510
30 BOX OVER		540

YOUR FINAL SCORE **REPS**

GENDER	DIVISION	
<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	<input type="checkbox"/> 30-34 <input type="checkbox"/> 35-39 <input type="checkbox"/> 40-44 <input type="checkbox"/> 45-49 <input type="checkbox"/> 50-54 <input type="checkbox"/> 55-59 <input type="checkbox"/> 60-	
ATHLETE NAME	ATHLETE SIGNATURE	JUDGE INITIALS

