

## WOD 1

12 min AMRAP

Males Row 3000m

Females Row 2400m

**With remaining time: Max Box Jump Overs (24/20)**

At the call of "3, 2, 1, Go," female athletes will begin on the rower set to 2400 meters, while male athletes will row 3000 meters. Teams are free to switch partners as often as they wish until the designated distance is completed. Both rower screens must reach zero before advancing to the next movement.

Once the rowing portion is complete, and if the meters are finished before the 12-minute time cap, athletes will move on to perform as many box jump overs as possible in the remaining time. Teams are provided with only **one box**, and they are responsible for flipping the box between athletes as needed.

### Movement Standards

**Row Meters:** Athletes may be sitting on the rower before the clock starts, but may not be touching the handle. Athletes can adjust damper/foot positioning as needed. Judges will be responsible for turning the screens on each heat. **If the rower handle is let go/snapped, a 30 second penalty will be assessed. Athletes must place handle back in the cradle.**

**Box Jump Overs:** A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete may jump or step off to the other side. Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing. There is no requirement to stand tall while on top of the box. \*NO step ups\*

**Scoring:** WOD 1 will have two scores. **Score 1:** Combined Row Times **Score 2:** Total box jump overs.

## **WOD 2**

### **6 Min AMRAP**

**MF 1: 10 Synchro Thrusters (95/65)**

**10 Synchro Toes to Bar**

**MF 2: 10 Synchro Thrusters (95/65)**

**10 Synchro Pullups**

**Pairs will switch off (You Go, I Go style)**

At the call of "3, 2, 1, Go," one male and one female athlete will start with 10 synchronized thrusters. Once the thrusters are completed, they will immediately move on to perform 10 synchronized toes-to-bar. After the pair finishes their reps, the second male and female athletes will take over, completing 10 synchronized thrusters followed by 10 synchronized pull-ups.

This cycle will repeat continuously until the 6-minute time cap is reached.

**Thruster:** This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground; no racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed if the bar starts on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body. The synchronized portion of the movement is counted at the top of the rep, meaning both athletes **MUST** be locked out overhead in full extension at the same time in order for the rep to count.

**Pull-Up:** This is a standard pull-up. Dead hang, kipping or butter fly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chin must clearly come over the bar. Any hand positioning is allowed. The synchronized portion of the movement is counted when athlete's chin are above the bar, meaning both athletes have their chin above the bar at the same time in order for the rep to count.

**Toes to bar:** Athlete must go from a full hang position 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 feet must be brought back behind the vertical bar and behind the body. The synchronized portion of the movement is counted when both feet touch the bar, meaning both athlete's feet must be touching at the same time in order for the rep to count.

**Scoring: Total Reps**

## Scaling Options:

For this workout, the following scaling options are available:

- **Toes-to-bar** can be scaled to **hanging knee raises** (ensuring the hip crease is visibly broken).
- **Pull-ups** may be scaled to **jumping pull-ups** following the Open standard.

Please note: Any athletes choosing to scale their movements will be ranked below those completing the workout as prescribed (Rx), regardless of final score.

## WOD 3

### 10 min Cap

### 40 Synchro Tape Burpees

#### With remaining time Max Clean

At the call of “3, 2, 1, GO,” all four athletes will begin performing synchronized tape-line burpees. Teams will continue until a total of 40 burpees is completed.

Once the 40 burpees are achieved, athletes will use the remaining time within the 10-minute window to establish a 1-rep max clean. Teams will have access to two barbells, one weighing 35 lb and the other 45 lb. Barbells must start empty. Only one athlete may perform a clean at any given time. Before executing a lift, athletes must clearly announce the weight they are attempting. They may attempt as many lifts as they like within the time cap.

**Synchro Tape Line Burpee:** The synchro tape line facing burpee starts with all 4 athletes facing the tape line, 2 on each side. A burpee will be performed with all athletes touching their chest and thighs to the ground and finishes when the athletes jump over the tape line. In addition to the tape line that is being jumped over, there will be perpendicular tape lines for each athlete to serve as guides. In the bottom position, the center of the athlete’s chest must be on this line, and the feet and hands must be straddling the line. All athletes’ chest must be on the ground at the same time for the rep to count. Athletes may step or jump in and out of the push-up position. You may jump with one foot or two. Both feet must be in the air at the same time. Each rep is counted when the athlete lands on the ground on the opposite side of the tape line. From there, athletes may all begin their next rep.

**Clean:** The barbell must touch the ground to start every rep. No bouncing. Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed. If the athlete’s knee touches the floor during the attempt, the rep will not count. The rep is credited when the

athlete's hips and knees reach full extension and the bar is supported in the front-rack position with elbows in front of the bar.

**Scoring:** WOD 3 will have two scores. Score 1: Time for burpees. Score 2: Total combined weight.

#### **WOD 4**

MFMF Relay

24/18 Cals on Assault Bike

20 Alt Dumbbell Snatches (50/35)

7 min Cap

At the call of "3, 2, 1, Go," **Male Athlete 1** will begin on the Assault Bike, continuing until 24 calories are completed. Upon reaching the required calories, he will proceed to perform 20 dumbbell snatches. After finishing the snatches, **Female Athlete 1** will take over, repeating the same sequence: 18 calories on the Assault Bike followed by 20 dumbbell snatches.

Following Female Athlete 1, **Male Athlete 2** will start and complete the same tasks, and finally, **Female Athlete 2** will finish the relay by completing the same sequence.

**Assault Bike:** Athletes will start on a 0 screen and remain on their bike until their calories are reached. Athletes may not leave early hoping the bike will roll to their number. Athletes are required to reset their own bike.

**Dumbbell Snatch:** The dumbbell snatch starts with both heads of the dumbbell on the ground. The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The athlete may not use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body during the repetition. At the top, the athlete's arms, hips, and knees must be fully locked out, with the dumbbell clearly over the middle of the athlete's body when viewed from profile. The rep is credited once the athlete has reached lockout. The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count. Athletes may not receive any assistance in resetting the dumbbell.

**Scoring:** Time it takes to complete the relay. If time capped. 1 second per rep needed to complete.