

## WOD 1

### Team 3k Run with Plate (45)

At the start of 3,2,1 Go all 4 members will start out the garage door of Salvo. They will then complete an approx.. 3k loop while carrying a 45lb plate. It does not matter who carries the plate but the plate must be off the ground for athletes to move. No rolling, backpacks, etc. will be allowed. Time will stop when all 4 athletes are in the door.

Score: Time it takes to complete 3k. 45 min Time Cap.

## WOD 2

For Max Calories

10 mins

Male/Male Front Squat 10,000lbs. then

Female/Female Back Squat 10,000lbs, then

With remaining time, max calories on rower.

At the start of 3,2,1 Go, Male/Male partners will begin to front squat. **The weight will be predetermined by the athletes and cannot change. Everyone will use the same weight.** Athletes may change out as many times as they like until the 10,000lbs is met. Then Female/Female will begin back squats. **Females must use the same weight as the front squat.** Athletes may change out as many times as they like until the 10,000lbs is met. Once the females, finish, any combination of partners can start rowing. Athletes may swap as many times as they like. **Letting go of the handle will be a 20 cal penalty (bottom line, just don't do it).** Athletes will row until the 10 min cap is up.

Standards:

**Back Squat:** Back Squat- This is your standard back squat. Bar must be in the back rack position. Hip crease below parallel on the bottom and knees and hips extended up top.

**Front Squat-** This is your stand front squat. Bar will start on the floor. Bar must be in the front rack position. Bar maybe held however you like as long as it remains in the front rack position. Hip crease below parallel on the bottom and knees and hips extended up top. A squat clean is allowed for your first rep.

Scoring: Total Calories between the 2 rowers.

### WOD 3

For time:

20 Ski Erg Cals

15 Box Jump Overs (24/20)

10 Clean and Jerks

At the start of 3, 2, 1 Go. Female Athlete 1 will start on the Ski Erg. Athlete will continue to ski until 20 Cals are displayed on the screen. After the 20 Cals are reached, Female Athlete 1 will move to the 15 box jump overs. After the 15 box jump overs are complete, Female Athlete 1 will proceed to the 10 Clean and Jerks. Once the 10 Clean and Jerks are complete, Female Athlete 1 will tag Female Athlete 2 to start her 20 Cals. Ski Erg will be cleared after every round. Female Athlete 2 will complete 20 Ski Cals, 15 Box Jump Overs, and 10 Clean and Jerks. After the 10 Clean and Jerks are complete, Female Athlete 2 will tag Male Athlete 1 and he will start the 20 Cals. The males will perform the same sequence but with a 24 inch box and a 135lb bar. Time is stopped when the last rep of Clean and Jerk is complete. There is a 13 min time cap.

#### Standards

**Ski Erg:** Athletes will start with hands by their side until they are tagged. The Ski Erg must display 0 Cals at the start of each 20 Cals. Athletes will grab the handles and start to ski. Skiing will stop once the Ski Erg displays 20 Cals. **If athlete choses to let go of the handles and not reach up and put them back, there is a 1 min penalty. This will be strictly enforced.**

**Box Jump overs:** 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 or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

**Clean and Jerks:** Start each rep with the barbell on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. If dropped, the barbell must settle on the ground before the start of the next rep. Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed. The lift must have two distinct phases: the clean and the jerk. Snatching is not permitted. The barbell must make contact with the shoulder. It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead. The rep is credited when: The barbell is locked out overhead and arms, hips and legs are extended. The bar is over or slightly behind the center of the body, with feet in line. A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

Scoring: Total Time for all 4 athletes to complete the triplet. Reps that were not completed at the end of the time cap are calculated as 1 rep= 1 second.

### **Floater:**

For 5 mins

Max Bar MU( or 3 C2b) while partners hold a 340lb Deadlift

At the start of 3,2,1 Go 2 partners will pick up the deadlift bar ( doesn't matter what sex) and the other 2 athletes will do max Bar MU or 3 consecutive Chest to bar pullups. Reps only count if the barbell is off the ground. Athletes may switch as much as they want as long as two people are holding the bar.

Standards:

**Chest to Bar Pullups:** This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly 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. Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics- style grips, gloves, etc.), but they may not tape the bar AND wear hand protection. **ALL 3 CHEST TO BARS MUST BE DONE IN A ROW TO COUNT! IF YOU COME OFF THE BAR, THEY START OVER.**

**Bar Muscle Up:** In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep

**Partner Deadlift:** The deadlift begins with the barbell on the ground and finishes when the athletes stand the weight to full extension of the knees and hips, with their heads and shoulders behind the bar at the top of the movement. The athletes may choose any grip they like, but their feet must be inside their hands. No sumo stance is permitted. Athletes may cross over their hands if they choose.

Scoring: 1 Bar MU = 1 point and 3 Consecutive chest to bars= 1 point. Total Points.