SCALED DIVISION: WOD #1- YOU GO, I GO

FOR TIME: 8 minutes AMRAP

Rounds of “DT”
• 12 Deadlifts (125/85)
• 9 Hang Power Cleans
• 6 Shoulder to Overhead

Max calories on the SkiErg.

DIRECTIONS:
Partners will alternate after every round of DT.
Partner A will perform a round of DT while Partner B pulls max calories on the ski erg.
Once Partner A completes a round of DT, the pair will switch and continue the same pattern for 8 minutes.

Deadlifts
• Deadlift will need to touch the ground each repetition and reach full hip and leg lock out at the top with shoulders visibly in line with the hips

Hang Power Cleans
• Before first repetition can begin athlete must reach full lockout at the top of the deadlift.
• Barbell can NOT pass below the knee to begin each repetition.
• Barbell must be caught in the front rack position above parallel.
• Movement is completed when barbell is in front rack position, elbows are in front of the body, legs and hips are fully locked out, and movement control is maintained.

Shoulder to Overhead
• Can be a split jerk, push jerk, push press, or strict press.
• Each repetition initiates from the front rack position and ends with arms locked out overhead, bar is centered over the body (in line with the shoulders), feet return to starting position with legs and hips locked out.
• Control must be shown for all movements to count.

The last repetition on each exercise must be FULLY completed before the next exercise can begin. For example: The 12th deadlift must be called a good rep and then the hang power cleans can begin. The 12th deadlift can NOT be a power clean and count as the 12th deadlift and the first hang power clean.

SCORING: Total rounds and total partner calories will be scored separately.
SCALED DIVISION: WOD #2- N-SYNC

FOR TIME: 8 minute CAP

21-15-9
Partner Deadlifts (345/225)
Synchronized Bar Facing Burpees

DIRECTIONS:
Deadlifts
• Partners will stand side by side on the bar.
• Deadlift will need to touch the ground each repetition and reach full lock out at the top with shoulders visibly in line with the hips.
• Both partners will need to reach lockout at the top of the movement before the next repetition can begin.

Bar Facing Burpees
• Both partners will need to start on the same side of the bar.
• Chest must visibly touch the ground at the same time for both partners.
• 2 foot take off is NOT required for the partners to jump over the bar DOES NOT have to be done together.
• Jump back and Jump in for burpees (no stepping back or in)
• The jump down and in and the landing from the jump over for the burpee DOES NOT need to be at the same time.
• Only the chest hitting the floor need to be done in sync.

SCORING:
Time to complete all repetitions.

*If all repetitions aren't completed at the end of 8 minutes then the score will be 8:00 +1 second for every repetition not completed.
FOR TIME: 8 minutes

Max Weight on the Complex*
• 4 Front Squats
• 3 Thrusters
• 2 Shoulder to Overhead
  *Complex must be unbroken

Max calories on the rower

DIRECTIONS:

Complex
Bar must move from the ground into the front rack any way possible. Bar can be passed from one partner to the next to begin the complex. (Partner A can’t clean the weight into the front rack position, but Partner B can. Partner B can clean the weight into the front rack and place it on Partner A’s shoulders. Partner A can then begin the complex.)

Front squats
• Athlete must maintain bar in front rack position.
• Descend must reach below parallel where the hip crease is visibly below the knee crease.
• On the stand up the athlete must reach full leg and hip lock out before starting the next repetition.

Thrusters
• Athlete must maintain bar in front rack position.
• Descend must reach below parallel where the hip crease is visibly below the knee crease.
• On the stand up the athlete must reach full leg, hip and arm lock out in one motion.
• NO jerking is allowed for this movement

Shoulder to Overhead
• Can be a split jerk, push jerk, push press, or strict press.
• Each repetition initiates from the front rack position and ends with arms locked out overhead, bar is centered over the body (in line with the shoulders), feet return to starting position with legs and hips locked out.
• Control must be shown for all movements to count.

The complex must be unbroken

Max calories on the rower:
• Partners can choose when and how to do this.
• One can work while the other rows
• Both can find max and then row
• Completely up to the team

SCORING: Separate scores. Total team weight. Total Calories.
SCALLED DIVISION: WOD #4- OVER LOW-ED

FOR TIME: 8 minute AMRAP

• 50 Box Jump Overs (24/20)
• 50 Goblet Squats (53/35)
• 50 Box Jump Overs
• 50 Snatches (75/55)

DIRECTIONS:

Box Jump Overs
• These repetitions can be split any way.
• 2 foot take off is NOT required.
• Lateral jumps and jumping clear over the box are permitted.
• Both feet must touch the top of the box if not jumping clear over.

Kettlebell Goblet Squat
• These repetitions can be split any way.
• Kettlebell must be held at chest level before the repetitions can begin.
• The kettlebell visibility not be resting on the chest.
• Athlete must reach below parallel at the bottom of the squat and then reach full leg and hip lockout at the top of the rep with the kettlebell off the chest.

Snatch
• These repetitions can be split any way.
• Muscle Snatch, Power Snatch, Full Snatch are all permitted.
• Hang Snatches are NOT allowed.
• Barbell will start on the floor and move to the overhead position in 1 fluid movement.
• The repetition will be counted when the barbell is locked out overhead in line with feet and locked out hips.
• Barbell will need to touch the floor before the next repetition can begin.

SCORING:
Total repetitions completed at the end of 8 minutes.
FOR TIME: 4 minutes

Can be completed anytime prior to the finish of the last heat of the afternoon session.

Max distance on the Assault Bike
- while partner -
Gut holds D-Ball (100/80)

DIRECTIONS:

The D-Ball must be in position before judge gives the go ahead.

D-Ball Hold
• D-Ball must be held at GUT or stomach level.
• The ball can not be resting or touching anywhere other than the arms and stomach area

Partners can switch if and when they deem necessary.

In the event of a transition, passing the D-Ball from Partner A to Partner B without having the ball touch the ground is acceptable.

SCORING:
Total distance in meters.

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