

# 2016 SW Throwdown WOD Descriptions

## Team WOD 1

For Time

M1/F1 then M2/F2

100 ft Sprint

50ft Sled Push/Pull (325)

50 ft Sprint

50 Alternating Thruster (65/95)

50 ft Sprint

50ft Sled Push/Pull

100 ft Sprint

\*12 min cap

On the call of 3,2,1, Go! The first pair of athletes will sprint across the turf 50 feet and then return 50 feet to their start position where the sled will be positioned. Then, one athlete will push the sled using the upright posts and the other athlete will place the straps over the shoulders and pull the sled. Once the entire sled has crossed the 50 foot line the athletes will sprint back to their start position and respective barbells. The alternating thrusters will begin when both athletes have the barbell in a locked out position overhead with the elbows, hips, and knees extended; this is the position the 'resting' athlete will maintain while their partner performs a thruster. Then one athlete at a time will perform a thruster, passing the crease of the hip below the knee and finishing in a fully locked out position overhead (elbows, hips, and knees). Once full lockout has been achieved the next athlete will perform a thruster to the same standard. The athletes will alternate every rep until 50 total reps have been completed. Then the athletes will sprint 50ft to their sled, push/pull the sled the 50 feet back to the start position. They will finish by sprinting the 50' down the turf and then sprint back and tag the other pair of athletes. The second pair of athletes will complete the same workout. Time is called when the second pair of athletes crosses the finish line.

## Individual WOD 1

For Time

100 ft Sprint

50 ft Sled Push (160/230) 35+25/3-45

50 ft Sprint

30 Thruster (65/95)

50 ft Sprint

50 ft Sled Push

100 ft Sprint

\*6 Min Cap

The workout begins with the athlete standing behind the starting line. On the call of 3,2,1, Go! athletes will sprint across the turf 50 feet and then return 50 feet to their start position where the sled will be positioned. They will push the sled using the upright posts. Once the entire sled has crossed the 50 foot line the athletes will move to their respective barbells where they will complete 30 thrusters. Upon completion of the thrusters the athlete will push the sled the 50' back to the starting line, turn and run 50 ft across the turf and then run back to the starting position. Time is called when the athlete crosses the finish line.

## Movement Standards for WOD 1

**Sprint:** Begins behind the start line, when athlete reaches the turnaround point both feet must cross the line and both hands must touch behind the line before they proceed back across the turf.

**Sled Push/Pull:** One athlete(Individual athletes) pushes the sled using the posts of the sled, one athlete pulls the sled using the provided straps.

**Thruster:** This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. No racks will be used. The hip crease must clearly pass below the top of the knees in the bottom position. Using a ball, box or other object to check for proper depth is not allowed.

**Alternating Thruster:** The alternating portion consists of both athletes beginning with the barbell locked out overhead and then one athlete at a time performing a thruster. The athlete not currently performing a thruster must keep the barbell locked out overhead while their partner completes the movement. If the barbell is dropped by the resting athlete, the rep being performed by the other athlete will not count. The barbell may be dropped by both athletes in order to rest, however both athletes must bring their barbell to a locked out position overhead before they may proceed.

## Team WOD 2

Beginning on a 5 minute clock, complete:

100 Hand Release Push-ups

80 Chin over Pull-ups

If all reps completed before 5 min, add 4 min to the clock and proceed to:

80 Ring Push-ups

60 Chest to Bar Pull-ups

If completed before 9 min, add 4 min to the clock and proceed to:

60 Handstand Push-ups

40 Bar Muscle ups

If completed before 13 min, add 4 min and proceed to:

40 Strict Handstand Push-ups

Max Effort Ring muscle ups

All 4 athletes start in the team holding area by the outside rig. At the call of 3,2,1,Go! Two athletes will proceed to the push-up station where one athlete will begin working, athletes may sub in and out as often as desired throughout the workout, however only one athlete works at a time. Upon completion of push-ups athletes will move to the pullup bar and continue working through reps, one athlete working at a time. If all reps of pushups and pullups are completed within 5 min, the team will move immediately into ring push-ups and chest to bar pullups. If all reps in the second round are completed within 9 min, the team will move inside the gym, and begin working on their 3rd round which is handstand push-ups and bar muscle ups. If all reps in 3rd round are completed within 13 minutes, the team will advance to the 4th and final round where they will complete strict handstand push-ups followed by max effort ring muscle ups.

## **Individual WOD 2**

Beginning on a 4 Min Clock complete:

35 Hand Release Push-ups

30 Chin Over Pull-ups

If completed before 4 min, add 4 min to the clock and proceed to:

30 Ring Push-ups

25 Chest to Bar Pull-ups

If completed before 8 min, add 4 min to the clock and proceed to:

25 Handstand Push-ups

## 15 Bar Muscle Ups

If completed before 12 min, add 4 min and proceed to:

20 Strict Handstand Push-ups

Max Effort Ring Muscle Ups

## Movement Standards for WOD 2

**Hand Release Push-up:** A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor and the hands must be lifted.

**Chin over Pull-up:** The arms must be fully extended at the bottom. At the top the chin must break the horizontal plane of the bar. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met.

**Ring Push-up:** A straight body position must be maintained throughout the pushup, no snaking, sagging or pushing up from the knees is allowed. The elbow must be locked out at the top with the feet no wider than shoulder width. At the bottom, the shoulder must make contact with the ring and the upper arm must be parallel with the ground.

**Chest to Bar Pull-up:** 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. At the top, the chest must clearly come into contact with the bar below the collarbone.

**Handstand Pushup:** The movement begins at the top of a handstand with the athlete's back to the wall and with the arms fully locked out, the heels on the wall, and the hands placed clearly within the marked area. The marked area will be approximately 34 inches wide by 24 inches deep, and the palm of the hand must remain completely within the taped area (fingers may extend over the tape).

**Bar Muscle Up:** For the bar muscle-up, you 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 pullovers, rolls to support or 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 himself or herself 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.

**Strict Handstand Pushup:** The movement begins at the top of a handstand with the athlete's back to the wall and with the arms fully locked out, the heels on the wall, and the hands placed clearly within the marked area. The marked area will be approximately 34 inches wide by 24 inches deep, and the palm of the hand must remain completely within the taped area (fingers may extend over the tape). Each strict

handstand push-up begins and ends with the arms locked out. At the bottom the head makes contact with the ground.

**Ring Muscle Up:** In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and the feet off the ground. The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

### **Team WOD 3**

For Time

M1/M2

30 Synchro T2B

30 Partner Deadlift (455)

M1/F1

50 Goblet Squat (44/70)

30 Burpee Box Jump Over (20")

M1/F2

30 Stone to Shoulder (70/115)

30 Weighted Partner Box Step Up (KB/20")

M2/F1

30 Stone to Shoulder (70/115)

30 Weighted Partner Box Step Up (KB/20")

M2/F2

50 Goblet Squat (44/70)

30 Burpee Box Jump Over (20")

F1/F2

30 Synchro T2B

30 partner Deadlift (305)

All 4 athletes begin in the team holding area. On the call of 3,2,1,Go! Both male athletes will advance to the rig and perform 30 synchronized toes to bar. Upon completion of toes to bar the athletes will advance to the barbell where they will perform 30 partner deadlifts. Upon completion of deadlifts Male 2 will tag out and Female 1 will join Male 1 on the floor for a total of 50 goblet squats and 30 burpee box overs, this portion is not synchronized and only one athlete may work at a time. Upon completion of all reps in this portion Female 1 will tag out and Female 2 will join Male 1 on the floor for 30 stone to shoulder and 30 weighted box step ups. Upon completion of this couplet, Male 1 and Female 2 will both tag out and Male 2 and Female 1 will take the floor to complete 30 stone to shoulder and 30 weighted box step ups. Upon completion, Female 1 will tag out and Female 2 will take the floor and complete 50 goblet squats and 30 Burpee box overs with Male 2. Upon completion Male 2 will tag out and Female 1 will re-enter and the females will complete the synchronized toes to bar and partner deadlifts. Time is called when the female athletes return to the holding area.

### **Individual WOD 3**

3.1

For Time

30 Toes to Bar

30 Deadlift (155/225)

\*4 min cap

1 min transition

3.2

For Time

30 Goblet Squat (44/70)

30 Burpee Box Jump Over (20")

\*4 min cap

1 Min transition

3.3

For Time

30 Stone to Shoulder (70/115)

## 30 Box Step up (20"-44/70 suitcase carry)

\*4 Min Cap

### 3.1

Athletes begin in the starting area. On the call of 3,2,1,Go! Athletes advance to the rig where they perform 30 Toes to bar, then move to the barbell to complete 30 deadlifts. This portion has a 4 minute cap.

The athletes will then have a 1 minute transition to the next portion of the workout.

### 3.2

Athletes begin standing at their kettlebell and on the call of 3,2,1,Go! Begin working through 30 goblet squats followed by 30 Burpee Box Jump Overs. This portion has a 4 minute cap.

The Athlete will then have another 1 minute transition to the next portion of the workout.

### 3.3

Athletes begin standing at their stone on the call of 3,2,1,Go! Begin working through 30 stone to shoulder followed by 30 weighted box step ups. This portion has a 4 minute cap.

## Movement standards for WOD 3

**Toes to Bar:** In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep the arms must be fully extended and the feet must be brought back behind the bar and behind the body. Both feet must come into contact with the bar at the same time, inside the hands.

**Synchronized toes to bar:** For teams, these are synchronized and both athletes feet must make contact with the bar simultaneously.

**Deadlift:** Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

**Partner Deadlift:** The barbell begins on the ground with both athletes standing side-by-side. The barbell is lifted until both athletes' hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.

**Goblet Squat:** Starting in a full lockout position with the KB in the "rack" position supported with both hands. The KB cannot be on the shoulder. The hip crease must clearly pass below the top of the knees in the bottom position. Using a ball, box or other object to check for proper depth is not allowed.

**Burpee Box Over:** Each burpee must be performed perpendicular to and facing the box. The chest and thighs touch the ground at the bottom. Then a two-footed jump onto or over the box is required. One-

footed jumps and step-ups are not permitted. The athlete may jump over the box without touching it, or may land on top before jumping off to the other side. The athlete may not use their hands, and the feet must go over the box, not around it.

**Stone to Shoulder:** The stone begins on the ground, the athlete moves the stone to the shoulder and into a standing position with the hips and knees in full extension. The stone must be over the middle of the body and in a stable position. The stone may not be dropped until the judge signals a completed repetition.

**Weighted Box Step Up:** Athlete must have a kettlebell in either hand in a suitcase carry style. Athlete must step up onto the box and reach extension of the hip and knee, under control, for the rep to count.

## **Team WOD 4**

M/M

For time

1 - Mile Rope Run

With remaining time, find a 1RM Snatch

\*12 min cap

Then

F/F

1 Mile Rope Run

With remaining time find a 1RM C&J

\*12 min cap

Score 1: M/M run time

Score 2: M/M snatch total

Score 3: F/F run time

Score 4: F/F C&J total

Begins with all 4 teammates on the starting mat. At the call of 3,2,1,Go! The male athletes will begin their 1 mile run on a 12 minute clock, while holding opposite ends of the given 5 foot rope. Both athletes must hold onto their end of the rope throughout the duration of the run. Upon completion of the 1 mile run course, the two male athletes will have the remainder of the 12 minutes to establish a 1RM snatch for each athlete. Upon completion of 12 minutes the male athletes will commence their lifting and the female athletes will begin their 1 mile partner rope run, on a 12 minute clock. Upon

completion of their run they will have the remainder of the 12 minutes to establish a 1RM clean and jerk for each athlete. Barbells are not loaded prior to the run. This event will have a total of 4 scores: Male run time, female run time, male snatch total, female C&J total.

## **Individual WOD 4**

For Time

1 Mile Run

With remaining time, find:

1RM Snatch

1RM Clean and Jerk

\*15 min cap

Begins with the athlete standing on their lifting platform. On the call of 3,2,1 Go! The athlete will run 1 mile following the route. Upon completion the judge will note the time and the athlete may begin the snatch, the athlete must load their own barbell and state their weight to the judge. Once a 1rm snatch has been established the athlete may switch to finding a 1RM clean and jerk. The judge will notify the athlete of remaining time on the minute, at the 30 second mark, and then the final 5 seconds. The athlete may switch lifts whenever they wish.

## **Movement standards for WOD 4**

**Rope Run:** Athletes will be given a 5 ft length of rope which each athlete will hold onto during the mile run. If either athlete lets go of the rope at any point it is a 5 burpee penalty immediately for both athletes.

**Snatch:** The barbell begins on the ground and must be lifted overhead in one smooth motion. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a no rep. Men will lift with a 45-lb. barbell. Women will lift with a 35-lb. Barbell. Only the feet may touch the ground during the lift. A muscle snatch, power snatch, squat snatch or split snatch may be used as long as the barbell comes to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. Athletes are responsible for loading their weights and declaring their attempt weight to their judge.

**Clean and Jerk:** The barbell begins on the ground. Any style of clean where the barbell moves from the ground to the shoulder is permitted including but not limited to: squat clean, power clean, or split clean. Then the barbell must move from the shoulder to a locked out overhead position with the arms, hips, and knees locked out and the barbell over the middle of the body. Any style of shoulder to overhead is permitted including, but not limited to: press, push press, push jerk, or split jerk. If the split jerk is used the athletes feet must come back to directly under the body. A snatch is not permitted. Only the feet

may touch the ground during the lift. Athletes are responsible for loading their weights and declaring their attempt weight to their judge.