



W O D 1A & 1B

WOD 1A - FOR TIME / TIME CAP: 12MIN

MOVEMENTS	21	15	9
ALT. DUMBBELL SNATCHES MALE: 22.5KG FEMALE: 15KG			
BOX JUMP OVERS MALE: 60CM BOX FEMALE: 50CM BOX			
POSSIBLE REPS	42	72	90
MOVEMENTS	27	18	
DUMBBELL SQUATS MALE: 22.5KG FEMALE: 15KG			
BURPEE BOX JUMP OVERS MALE: 60CM BOX FEMALE: 50CM BOX			
POSSIBLE REPS	144	180	
MOVEMENTS	45		
DUMBBELL BOX STEP OVERS MALE: 22.5KG / 60CM BOX FEMALE: 15KG / 50CM BOX			
POSSIBLE REPS	225		

ON THE 15MIN MARK - WOD 1B - FOR TIME / TIME CAP - 5MIN

MOVEMENTS	REPS COMPLETED	POSSIBLE REPS
8 SQUAT CLEANS MALE: 85KG FEMALE: 50KG		8
6 SQUAT CLEANS MALE: 100KG FEMALE: 65KG		14
4 SQUAT CLEANS MALE: 125KG FEMALE: 80KG		18
2 SQUAT CLEANS MALE: 145KG FEMALE: 90KG		20

**YOUR WOD 1A SCORE:
FOR TIME**

1 MISSED REP = 1 SECOND REP PENALTY

**YOUR WOD 1B SCORE:
FOR TIME**

1 MISSED REP = 1 SECOND REP PENALTY

SCORE IS DETERMINED BY THE TIME THE REPS ARE COMPLETED AT THE TIME CAP

GENDER	ATHLETE NAME	JUDGE NAME	JUDGE INT.
<input type="radio"/> Male <input type="radio"/> Female	X	X	



W O D 1A & 1B

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS

1 MISSED REP = 1 SECOND PENALTY ADDED

This workout begins with the dumbbell resting on the floor and the athlete standing tall. At the call of “3, 2, 1... go!” the athlete will reach down and begin the dumbbell snatches, alternating arms after each repetition, using one dumbbell. Once all 21 reps are complete, they will move to the box and perform 21 box jump-overs, then move back to the snatch etc. After they finish their reps of 9 box jump-overs they will take two dumbbells, one in each arm, and lift the dumbbells to the shoulders and perform 27 squats. Once all 27 reps are complete, they will move to the box and perform 27 burpee box jump-overs, then move back to the squat etc. After they finish their reps of 18 burpee box jump-overs he or she will then complete 45 reps of dumbbell box step-overs. Workout 1 A ends when both feet are on the ground on the other side of the box on the final rep or when the clock reaches 12 minutes.

The athlete’s score for 1 A will be the total time it takes to complete all 225 reps. If the athlete does not complete the reps in less than 12 minutes, they will add 1 second to their time for every remaining rep. So, if an athlete completes 200 reps, their scored time will be 12:25.

At the 15-minute mark 1 B starts and the athlete will begin with his set of 8 barbell squat cleans. Once they finish their reps the weight of the clean will increase while the number of reps of the clean will decrease. Workout 1 B ends when the athlete completes the final lift in the set of 2 squat cleans or when the clock reaches 20 minutes.

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates. Another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

The athlete’s score for 1 B will be the total time it takes to complete all 20 reps. If the athlete does not complete the reps in less than 5 minutes, they will add 1 second to their time for every remaining rep. So, if an athlete completes 10 reps, their scored time will be 5:10.

TIEBREAK: In the case where two athletes clean the same amount on 1 B, their times on 1 A will serve as the tiebreak, and the athlete with the faster time on 1 A will be ranked higher on 1 B.

MOVEMENT STANDARDS

DUMBBELL SNATCH: The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must ALTERNATE arms after each repetition and may perform the alternation between arms any time after a successful rep is achieved at the top. The non-lifting hand and arm may not be in contact with the body during the repetition.

At the top, the 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. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return



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and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

DUMBBELL SQUATS: For the dumbbell squats, the rep begins from the top, with knees and hips extended and dumbbells on the shoulders. A muscle clean into a squat is allowed. The dumbbells must be held on the shoulders. There is no requirement to maintain a grip on the dumbbell the entire time.

BURPEE BOX JUMP OVERS: The box jump-over starts with the athlete standing on one side the box and finishes with the athlete jumping over the box. There is no requirement to stand tall while on top of the box. A two-foot take off is required, and only the athlete's feet may touch the box. If the athlete chooses to jump on top of the box they must use a two-foot take off but does not have to use a two-foot landing. Once both feet have made contact with the top of the box, the athlete may either jump down 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.

The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box. Same movement standards apply to the jumping over the box as described above.

The dumbbell box step-over begins with both feet on the ground and the dumbbells in the athlete's hands. 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 top of the box. The rep will be counted when both of the athlete's feet touch the ground on the other side of the box.

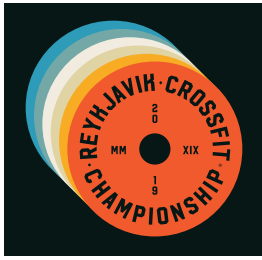
SQUAT CLEAN : The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before beginning the next repetition. The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required. A power clean or split clean followed by a front squat will be permitted. The rep is complete when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front rack position with the elbows in front of the bar.

EQUIPMENT NEEDED

- One pair of dumbbells of appropriate weight
- Barbell
- Standard bumper plates (18-in. diameter) and change plates
- Collars
- Box (24-in./20-in.)

If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in his or her video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

† The official weight is in KILOGRAMS. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).



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VIDEO SUBMISSIONS

Independent athletes will have to film and post a link to their video. We recommend athletes use Wodproof where the workouts have already been preprogramed.

Prior to starting, film the equipment to be used so the weight and plate size can be seen clearly. Introduce yourself and which workout you are about to do. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.