# WOD 1 - Clean Lunges and Dirty Shoulders

## 6-Minute AMRAP

**Intermediates (115#/85#)  
7 - Power Cleans  
5 - Front-Rack Reverse Lunges  
3 - Wall Walks**

**Novice/Masters (85# Male/55# Female)  
7 - Power Cleans  
5 - Front-Rack Reverse Lunges  
3 - Shoulder to Overhead (S2OH)**

The barbell will be pre-loaded and on the ground. Following the proper standards for each movement Intermediate athletes will start with 7 power cleans. With the completion of the 7th rep and the bar in the front-rack position, the athlete will perform 5 alternating front-frack reverse lunges. The Athletes will then set the bar down and perform 3 Wall Walks. Novice/Masters will perform 7 power cleans followed by 5 alternating front-rack reverse lunges, followed by 3 S2OH. At the completion of the Wall Walks or S2OH 1 round will be complete. Each round is 15 total reps (7+5+3=15). The athlete will complete as many rounds and reps as possible in six minutes.

## WOD 1 STANDARDS

**Power Cleans -**The barbell begins on the ground and must be cleaned to the shoulders in one motion. At the top, the hips and knees must be fully extended with the feet in line, the bar racked on the shoulders, and the elbows in front of the bar.

**Front-Rack Reverse Lunge -**Each front rack reverse lunge begins with the weight racked on the shoulders, the feet together, and the athlete standing tall. The athlete will then step back with either leg until the back knee touches the ground. They must then bring the back foot to the starting position with knees AND hips fully open and extended and then do the same movement with the other foot and knee. Every step back finishing with hips fully open and the rear foot brought back to center counts as a rep. Stepping back with the left foot and returning is 1 rep. Switching and then stepping back with the right foot and returning would be the 2nd rep and so on. The Athlete MUST alternate feet with each rep. If, during a rep, the weight is dropped that rep will not count and the athlete must power clean the bar to a proper start position. Reps will continue from the last good rep. **No reps** include not touching the ground with the knee, not fully opening the hips when the feet are brought together and not switching feet with each rep. **This is not a walking lunge.**

**Wall Walks -**Wall walks begin with the Athlete face down, feet flat against the wall, hands off the floor like a hand-release push-up and the entire front of the body touching the ground. As the Athlete pushes their hands against the floor (like a push-up) they will kick up onto the wall and begin walking their hands toward the wall as their feet walk up the wall. The Athlete must touch their nose to the wall. After touching the nose the Athlete will walk their hands away from the wall with both hands being at least 24 inches away from the wall before the feet drop to the floor. A tape will be placed at 24 inches away from the wall for a clear mark to cross.

**Shoulder-to-Overhead (S2OH) -**Each rep begins with the barbell in a front rack position and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbows, shoulders, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the barbell ever lowers below the shoulders the Athlete must re-establish the front-rack position and continue from the last good rep. Resting with the bar behind the head is not allowed.   
  
Variations:   
   Intermediate Male: 115#  
   Intermediate Female: 85#  
   Novice/Masters Male: 85#  
   Novice/Masters Female: 55#

**Score 1:** Total Reps

**WOD 2 - Chip'n & Twist'n**

**In 15 minutes…**

**50 Dumbbell snatch alternating (50#/35#/35#/20#)  
40 Plate-hop Burpees  
30 Air squats  
20 No-rock Hand-release Push-ups  
10 Pull-ups (Intermediates) / Ring Rows (Novice/Masters)   
  
At the top of every minute the athlete will do 8 Plate-hold Russian twists.**

Athletes will begin with the dumbbell snatch and perform all 50 reps before moving on to burpees. As a chipper every movement must be completed entirely before moving on to the next movement. At the top of every minute the MC will announce it's time for all athletes to perform 8 plate-hold Russian twists. Athletes may finish the rep they are on but then must stop, complete the 8 Russian twists, and then return to the movement they were last working on, with reps continuing from the last good rep of that movement.   
  
WOD 2 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 not alternate until a successful rep is achieved. 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 the profile. Once the athlete has reached lockout, the repetition will count.

**Burpees -**The Athlete begins the first burpee by standing upright, knees and hips fully extended. The burpee is standard, requiring the Athlete to get the entire front of their body flat to the floor including the chest. The Athlete then pushes up from the floor and returns the feet toward the hands. The Athlete must then jump FORWARD enough so some part of both feet, at the same time, are on top of the plate (the top edge of the plate is fine). The Athlete does not have to stand fully upright when jumping onto the plate. A little forward hop onto the plate is all that's required. Reps are counted when both feet, at the same time, tap the top of the plate. When getting up off the floor it is okay to walk your feet one at a time toward your hands rather than hopping together. **NO REP**- No reps include not getting the entire front of the body to the floor, not jumping forward, or not touching the top of the plate with both feet at the same time.

**Air Squats -**The athlete starts fully upright with the knees and hips fully extended. The athlete lowers the hip crease to below the knee and then stands back up to a fully-upright, hips and knees extended position for each rep.

**No-Rock HR-Pushups -**  
All Athletes except Novice/Masters female:  
  
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 completely off the ground.   
With the toes and rest of body on the ground a rep starts by lifting the hands off the floor and pressing the hands to the floor until the elbows are fully extended and only the toes and hands are touching the floor. The hips and shoulders should rise in unison with everything between the ankle and shoulder reasonably in line. The athlete then descends down, maintains the line, lifts the hands off the floor and continues. **NO REP:** Excessive snaking, sagging, pushing up from the knees, not releasing the hands from the ground, not pressing to full elbow extension with only the toes and hands on ground, if the toes/knees leave the ground at ANY time, if the hips don't rise in line with shoulders.   
  
Novice/Masters female:   
No-Rock Hand-release on-knees pushup: Same as the standard but replace toes with knees. Knees must be on the ground at all times.   
  
**We want REAL pushups. The hips should rise in unison with the shoulders and the toes must NOT leave the ground (no rocking). One great way to avoid snaking is to keep your thighs off the floor.**

**Pull-ups (Intermediate)** - Strict or kipping pull-ups are allowed. **Butterfly pull-ups are NOT allowed.** Pull-ups begin with the Athlete in full arm extension and feet not touching anything. The bottom of the chin must go above the bar before descending to full arm extension. **NO REP**- No reps include the chin not going above the bar, the feet touching anything, the arms not being fully extended in the down position or using the jump to the bar as momentum for the first rep. If a jump is required to get to the bar the Athlete must first dead hang with arms fully extended before beginning reps.

**Ring Rows (Novice/Masters)** - Rings will have been pre-adjusted so the bottom of the ring is 40 inches from the floor. A piece of tape will be on the floor directly below the rings. **The Athlete will begin with the back of their heels on the far side of the tape (furthest away from the hands)** and gripping the rings. The Athlete will bend their knees and lean back without the heels ever moving to the near side of the tape (the side closest to the hands). The Athlete is in a proper position when the toes are up, heels are the only part of the foot touching the ground **OR** the feet are flat with the back of the heels on the far side of the tape, **AND** the body is in a straight line from ankle to neck with arms fully extended. Without kipping or losing the rigid body position the Athlete will pull their chest toward the rings. A rep is complete when the hands break the plane of the chest. **NO REP**- No reps include not having the body in a rigid line from ankle to neck, the rings not breaking the plane of the chest or the back of the heels moving to the near side of the tape.

**Plate-Hold Russian Twists -**The athlete sits on the ground holding the plate with both hands. The athlete then lifts the feet off the ground with the only body part touching the ground being the buttocks. The plate must be in the center of the body to begin. The athlete then twists left and right in an alternating fashion touching the bottom edge of the plate to the ground with each twist. A rep counts when the bottom edge of the plate touches the ground. **NO REP:** No reps include the feet touching the ground, not alternating twist directions or any part of the body other than the buttocks touching the ground.

## Variations:

**DB Snatch**  
   Intermediate Male: 50#  
   Intermediate Female: 35#  
   Novice/Masters Male: 35#  
   Novice/Masters Female: 20#  
  
**Push-Ups**  
   Novice/Masters Female: On-knees hand-release push-up  
   Everyone else: Standard hand-release push-up   
  
**Plate-Hold Russian Twists**  
   Intermediate Male: 25#  
   Intermediate Female: 15#  
   Novice/Masters Male: 15#  
   Novice/Masters Female: 10#  
  
**Score 2:**Time to complete  
*Add 1 sec for any incomplete reps at the time cap*

**WOD 3 - Thruster Mathelete**

**You choose the load: Max-rep thrusters in 30 seconds separated by 1 minute 30 seconds rest X 4**

0-2:00 minutes  
   Load the bar, add safety clips, warmup and prep for the first :30 sec all out   
2:00-2:30  
   Max thruster reps   
2:30-4:00  
  Rest (load stays the same)   
4:00-4:30  
  Max thruster reps   
4:30-6:00  
   Rest (load stays the same)   
6:00-6:30  
   Max thruster reps   
6:30-8:00  
   Rest (load stays the same)   
8:00-8:30  
   Max thruster reps   
  
The WOD begins with an empty bar on the floor and appropriate plates and safety clips nearby to accommodate:  
  
On "Go" from the MC the athletes will have 2 minutes to load the bar, add safety clips, and practice some warm-up thrusters. The athlete may change the load as many times as they want during these 2 minutes. The athlete must determine and load the bar for what will be FOUR 30-second, all-out max-rep efforts separated by 1 minute 30 seconds rest. Once the final bar load has been chosen in this 2 minute prep period it can NEVER be changed and must be used for all FOUR 30-second all-out efforts.   
  
At 2 minutes the MC will give 3-2-1 Go and athletes will perform maximum thrusters in 30 seconds. The MC will call time and the athlete will rest for 1 minute 30 seconds. The 30 second all-out followed by 1 minute 30 seconds rest will repeat 3 more times.   
  
Instead of a standard “strength” WOD we’re shaking it up a bit. We don’t want this to be a gasser and we don't want an all out 1-5 rep max. This WOD involves strategy. Should you go 65 pounds X an average of 15 reps per set? Or is it better to go 70 pounds X an average of 12 reps per set? You might see another person with 80 pounds on the bar – same as you. But that means nothing. How many reps are you each going to perform with FOUR 30-second all-out efforts?

## WOD 3 STANDARDS

**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 when the bar is taken from the foor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the body.

**Variations:**   
  Intermediate Male - 45#-bar  
 Intermediate Female - 35#-bar  
 Novice/Masters Male- 45#-bar  
 Novice/Masters Female- 35#-bar   
  
Plates available at each bar will be: (2-25s, 4-10s, 2-5s, 2-2.5s)

**Score 3:** Load X total reps of 4 efforts combined  
***Example:*** Athlete chooses 65lbs, does a total of 48 reps across all 4 efforts. Score is 65X48=3120

**Floater - Toss Me a Rope, I'm Drowning!**

**With a 3-minute Running Clock...**

**Part 1 – Max meters rowed in 1 minute   
Part 2 - Max double unders (DUs) or single unders (SUs) (Athlete’s choice) with remaining time**   
  
The athlete will first perform the row. The judge will have the rower preset with 1:00 on the display so it counts down to zero for an exact meters rowed measurement. The athlete can choose any damper setting.   
  
After completing maximum meters rowed in 1 minute the athlete will perform either double unders or single unders. It's the athlete's choice. However, the athlete must declare to the judge which style they are choosing and only that style reps will count toward the score. Also, single unders will be rounded up to the nearest even number and then divided by 2.   
**Example -**Athlete does 123 SUs. Round up to 124. Divide by 2. Score=62

**FLOATER Standards**   
  
**Row -**The athlete's feet do not have to be strapped in. The damper can be whatever the athlete chooses.   
  
**Double Unders -**This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.   
  
**Single Unders -**This is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count. As long as the rope continuously moves forward any hop over the rope is fine with each turn. Feet do not have to be together.   
  
**Score 4:** Meters rowed   
**Score 5:** Total double unders **-OR-** Total single unders divided by 2 after rounding up to nearest even number.  
***Example -****Athlete does 123 SUs. Round up to 124. Divide by 2. Score=62*   
  
The Floater WOD must be completed by 1pm\* as available and the athlete sees fit.   
  
Hmm, should I do the Floater WOD after WOD 1? Maybe before WOD 3? Decisions decisions!  
\* The Host may adjust the time the floater must be completed.