

ZRH GMS 024

Masters Team WODs

(Synchro/YGIG/IGYH/Relay/share as you like)

Day 3 WOD 1

Power and Strength

For Load

- Snatch Ladder

♂ 50/55/60/65/70/75/Open

♀ 37.5/42.5/45/50/52.5/57.5/Open

- Clean and jerk Ladder

♂ 52.5/57.5/65/72.5/77.5/85/Open

♀ 40/45/50/55/60/65/Open

Score: Heaviest successful Snatch and Clean & Jerk will be added together in one score.

Workflow

Start position: standing ready in front of the pre-loaded bar

Start: After the "3, 2, 1... Go!" countdown, athlete A moves to the Barbell and is allowed to attempt the Snatch while athlete B waits. After the attempt of athlete A then is the turn of athlete B. There can be as many attempts as needed to successfully do the lift as long as it's in the 1min window. The lift has to be finished before

the 1min runs out. After the 1min window both athletes will get ready behind the transition line. If they were successful in the Attempt both can move to the next bar and attempt the new weight. If only one of the athletes were successful, that one will continue while the other has to leave the field. If none were successful both will have to leave the field. This will continue till the last weight, the last bar will be a max attempt where the Athlete is allowed to choose the weight.

Movement standards

Snatch:

Each repetition starts with the barbell on the ground.

Power, squat, and split snatches are permitted snatch variations.

A press out is not permitted (Bending the arm after catching the bar in the overhead position and pressing it back in to lock out)

The repetition is counted when the athlete's hips, knees, and arms are fully extended with the feet in one line next to one another.

The barbell must be positioned over the middle of the body or slightly behind it when viewed from a side profile.

If a split snatch is used, the athlete's feet must return to a lined position before the barbell is lowered

Cleans:

Start each rep with the barbell on the ground.

Power cleans, squat cleans, and split cleans are permitted.

The lift must have two distinct phases: the clean and the jerk.

The barbell must make contact with the shoulders.

It IS 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 are NOT allowed,

Push jerk , power jerk or split jerk has to be used to reach overhead.

A press out is not permitted (Bending the arm after catching the bar in the overhead position and pressing it back in to lock out)

Day 3 WOD 2 TC 30'

Endurance

- A) 1 Round of
12/9 cal Run (Relay)
50 box jump over (Share as you like)

Into

- B) 2 Rounds of
12/9 cal Run (Relay)
25 sync Toes 2 bar

Into

- C) 3 Rounds of
12/9 cal Run (Relay)
4 Rope Climbs

Into

- D) 2 Rounds of
12/9 cal Run (Relay)
25 sync Burpee over the line

-> Tie break

Into

- E) 1 Round of
12/9 cal Run (Relay)
Max Bar Muscle ups

Score: Total amount of reps.

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athletes move from the start line to the Assault-runner and are allowed to start the run. Both Athletes have to run one after the other. Athlete A has to stay next to athlete B till he finishes the run. Once Athlete B finishes the run one out of the two can start the Box jump over. During the BJO they can switch whenever they like. Once the 50 BJO are done both athletes will move back to the Runner and Athlete A can start running. Once both athletes finish the run they will move to the Rig and complete 25 sync T2B. This round will be done two times. Once it's done athletes will go back to the runner for the run. Once the run is done both athletes will move to the Rig where they will perform 4 Rope climbs. There are no minimal work requirements. This round will be done three times. Once it's done both athletes will move back to the runner for the run. Once done athletes will move to the Burpee line and perform 25 sync Burpees over the line. This round will be performed two times. Once done both Athletes will move one last time to the runner for the run. After the run both athletes will move to the Rig where they will do as many BMU till the time runs out.

Movement standards

Air Runner:

The monitor starts on 0

The athletes are required to reset the monitor every time they start the run.

Athletes are allowed to use the hands in the beginning of the run to help with the balance
During the run, supporting on the side beams is only permitted with one hand.
Teams have to stay together till they are finished with the cal.

Box Jump over:

The Athlete begins with standing with both feet in front of the box.
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.

Sync Toes 2 Bar:

Athletes begin by hanging at the same time from the pull-up bar with arms extended.
The heels must be brought back behind the bar.
Overhand, underhand, or mixed grips are all permitted.
The rep is credited when both feet from both athletes touch the bar at the same time
Any part of the feet may make contact with the bar.

Rope climb:

Athletes start by hanging on the ropes.

Jumping on to the rope is allowed.
The rep is granted once the athlete touches with both hands over the top mark on the rope.

Sync Burpee over the line:

Both Athletes start by laying on the floor with chest and thighs touching the floor at the same time (sync point)
Standing up from the burpee can be jumping or stepping
There needs to be a two foot take of
No requirement for a two foot landing
The line is always to stay untouched throughout the repetition

Bar Muscle up:

The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
Kipping the muscle-ups is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
No portion of the foot may rise above the lowest part of the bar during the kip.
The athlete must pass through some portion of a dip before locking out over the bar.
There is credited when:
- the athlete's arms fully locked out the support position above the bar; and
- the athlete's shoulders are over or slightly in front of the bar.
Only the hands, and no other part of the arm, may touch the bar during the rep.
Removing the hands in the support position is not allowed.
At lockout, only the arms may support the athlete's weight.

WOD 3 TC 15'

Stamina and Skill

Round 1: 3' work 1' rest

Round 2: 3' work 1' rest

Round 3: 3' work 1' rest

Round 4: 3' work

Round 1

For Time 3' TC

150 Double Unders

40 HSPU

Round 2

For Time 3' TC

150 Double Unders

40m HSW

Round 3

For Time 3' TC

50 Wall ball 9/6 kg

40 Pull ups

Round 4

For Time 3' TC

50 Wall ball 9/6 kg

40 C2b

Score: Time to finish the workout.

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athletes move from the start line to the jumong ropes. Athletes are allowed to switch at any time. After the completion of the 150 reps the Team will move to the Handstand pushup wall and perform 40 Hspu. Athletes are allowed to switch at any time. After the 3' time cap athletes will have 1min to go back to the start line and get ready for Round 2. After the "3, 2, 1... Go!" countdown, the athletes move from the start line to jumping ropes. Athletes are allowed to switch at any time. After the completion of the 150reps the Team will move to the Handstand walk mark and complete 40m of Handstand walk (2m segment). if there is a switch the athlete will have to continue where the other left off. After the 3' time cap athletes will have 1min to go back to the start line and get ready for Round 3. After the "3, 2, 1... Go!" countdown, the athletes move from the start line to the Wall Ball, where one of the athletes is allowed to shoot the ball. Athletes are allowed to switch at any time. After the completion of the wall ball both athletes will move to the pull up bar and perform 40 Pull ups. Only one athlete is allowed on the bar at a time. After the 3' time cap athletes will have 1min to go back to the start line and get ready for Round 4. After the "3, 2, 1... Go!" countdown, the athletes move from the start line to the Wall Ball, where one of the athletes is allowed to shoot the ball. Athletes are allowed to switch at any time. After the completion of the wall ball both athletes will move to the pull up bar and perform 40 Chest to bar Pull ups.

After the completion of every round both athletes will have to run across the Start/Finish line for the time to be stopped.

Movement standards

Double under:

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts

Handstand push up:

- Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms
- At the bottom position of the hspu only the hands and head are allowed to be in contact with the floor.
- hands must stay in contact with the line marked on the floor

Handstand walk:

- The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted.
- when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line.
- Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.
- If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5m increment to earn credit for that distance.

Wall ball:

- The repetition starts with the athlete squatting with the ball in a front rack till the hip crease is clearly below the athlete's knee.
- The ball must be shot in a fluent movement to the target. (no redipping after standing up with the ball)
- The rep is granted once the ball hits the target in the middle.

Pull up:

- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.

Chest to Bar pull ups:

- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.
- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.