

ZRH GMS 024 Teams WODs

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

Day 1 WOD 1

Power

For Load

- Snatch Ladder

♂ 60/65/70/75/80/85/Open

♀ 45/50/52.5/57.5/62.5/65/Open

- Clean and jerk Ladder

♂ 70/77.5/85/92.5/100/107.5/Open

♀ 52.5/60/65/70/77.5/82.5/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 2 WOD 2

Endurance

100/90/80 cal Run buy in:

20 Rounds of:

- 1 Rope Climb

- 10 Wall Balls 9/6kg

- split as needed

into

10 Rounds of:

- 5 Sync. Toes to Bar

- 3 Sync. DB/ Barbell Thruster 50kg/2x 22.5kg | 37.5kg/2x15kg

100/90/80 cal Run buy out

Score: Time to complete 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 Assault-runner and are allowed to start the run. Athletes can switch as much as they like as long as the runner is put to stop before the other starts. To be able to switch, the working athlete has to walk back to his partner and touch him behind the starting line. For the last cal the athlete has to stay on the runner till the judge confirms it. Then one athlete will move to the rope and start

the rope climb. After the single rope climb he can choose to switch or continue with the wall balls. Again if partners wish to switch it has to happen behind the start line. The rope climb and wall balls will continue till the completion of 20 rounds in total. After the last wall ball the working athlete has to go behind the starting line to get his/her partner to initiate the 10 rounds of 5 sync. T2b and 3 sync thrusters. On the thruster one athlete has to stay with the bar and the other with the Dumbbells. Switching the equipment during the workout is not permitted. Once the 10 rounds are done both athletes have to run back behind the line and then one of the two can go on the runner and start the last 100 cal. (Same rules as before). Once the last call is done and the judge gives the go, the athlete on the runner has to go back to the partner where the time will be stopped.

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 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.

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.

Wall balls:

- 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.

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.

Sync Thruster:

- Each set of thrusters begins with the barbell and Dumbbells on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar or Dumbbells is taken from the floor.
- The rep is credited when the hips, knees, and arms are fully extended the baris directly over,or slightly behind,the middle of their body.of both athletes at the same time. (Sync point)
- The rep must be completed in one fluidmotion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell dropped from overhead,it must settle on the ground before the athlete picks it up for the next repetition.
- Dumbbells can not be dropped
- The choice of who uses the Dbs and who uses the Bar has to be done before the Workout and therefore also prepared that way.

Day 3 WOD 3

Skills

Round 1 4' work 1' rest

Round 2 4' work 1' rest

Round 3 5' Work

Round 1

Amrap 4'

Buy in

- 7/7 Burpee Box jump over 30"/24" (Relay)
- 140 Double unders

Into

- Max Bar Muscle Up

Round 2

Amrap 4'

Buy in

- 7/7 Burpee Box jump over 30"/24" (Relay)
- 140 Double unders

Into

- Max Handstand walk

Round 3

Amrap 5'

- 5 Burpee Box jump over 30"/24"
- 50 Double unders
- 10 m Handstand walk
- 5 Bar Muscle Up

Score: Total amount of repetition completed in the workout.

Workflow

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

Start: After the "3, 2, 1... Go!" countdown, one of the two athletes moves to the box where he/she will complete 7 burpee box jump overs while the other waits at the starting line. Once done the athlete will go back to clap the partner and the other will complete 7 BBJO. After the BBJO the athletes will go to the jump Rope where they will do 140 Du. During the DU athletes are allowed to stand next to each other and can switch whenever they like. After the buy-in, both athletes will move to the pull up bar where they will do as many Bar Muscle ups as possible in the remaining time (One athlete at the time on the bar). Once the first 4 min are over the athletes will have 1 min break and prepare back behind the starting line. After the "3, 2, 1... Go!" countdown, one of the two athletes moves to the box where he/she will complete 7 burpee box jump overs while the other waits at the starting line. Once done the athlete will go back to clap the partner and the other will complete 7 BBJO. After the BBJO the athletes will go to the jump Rope where they will do 140 Du. During the DU athletes are allowed to stand next to each other and can switch whenever they like. After the buy-in the athletes will start with the Handstand Walk, where they will try to accumulate as many meters as possible (One athlete at the time) . Once the 4 min are over the athlete will have 1 min break and prepare back behind the starting line. After the "3, 2, 1... Go! The athletes move again to the box where they will complete 10 burpee box jump overs and 50 DU followed by 10m (2m section) Hsw followed by 5 Bar muscle ups. These four movements will be repeated in that order till the 5 min run out.

Movement standards

Burpee Box Jump Over:

- 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
- In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- 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.

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

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.

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 2m increment to earn credit for that distance.