

Elite	WOD5: Snippy grippy	WOD6: 2RM Hang sq snatch	WOD7: Final chipper
	<p>5 RDS 6 burpee bar MU 2 lengths farmer carry (2x40/30kg)</p> <p><u>TC: 10min</u></p>	<p>Ladder style! 30s per station</p> <p>60/35kg 70/40kg 75/45kg 80/50kg 85/55kg 90/60kg 95/62,5kg 100/65kg</p> <p>Tie break: Max DL Last bar: Max hang sq snatch</p>	<p>For time: 800m Run 100 DU 30 hang squat clean (60/42,5kg) 12/6 ring MU 30 box step over (2x22,5kg/1x22,5)</p> <p>TC: 17min</p>



Standards: Elite - division (DAY2)

Snippy Grippy

Burpee Bar Muscle Up

The burpee starts by going to the floor. Hip and chest have to touch the ground at the same time. The athlete stands up however they like. To performing the BMU the athlete needs to start by hang at the rack with elbows fully extended. The athlete continues the movement which ends in an extended dip position on the bar. Strict and gymnastic kip is allowed.

If the athlete misses a muscle up the burpee and muscle up has to be done again.

Farmer Carry

The athlete starts behind the line with the weights in both hands. No front rack or overhead position is allowed. When the athlete needs to drop the weight it is not allowed to throw the weight forward. The weight needs to be placed besides the athlete. You can pick up your weights wherever you put them down.

2RM Hang Snatch

Hang Snatch

The athlete starts by picking up the bar and standing tall with the bar at hip height. The athlete continues by performing a hang snatch. The bar may never travel below the knees. The hips need to be below parallel when the barbell is transitioned to the overhead position. No hang power snatch or muscle snatch is allowed.

The rep is completed when the athlete stands tall with the bar in an overhead position while hips and knees are extended. The bar can not be dropped during the set.



Deadlift

When performing the deadlift, the bar starts on the floor. The athlete lifts the bar up and ends with knees and hips in a fully extended position. The arms stay extended during the whole movement.

When performing the next rep, the plates have to touch the floor. Bouncing of the bar is NOT allowed.

Final Chipper

Run

Just run. 4 laps please.

Double Under

The athlete starts with the rope on the floor. The athlete picks the rope up and performs a set of double unders. The rep is counted when the rope travels twice around the athletes' body during one jump.

Hang Squat Clean

In the hang squat clean, the bar has to stay above the knees. When performing the clean, only squat clean is allowed with the hips below parallel. The rep is completed when the athlete stands with the bar in the front rack with hips and knees extended.

Ring Muscle Up

The athlete jumps to the rings. before performing a rep the elbows need to be fully extended while hanging. The rep is completed when the athlete is in an extended dip position. Strict or kip is allowed.



Box Step Over

The athlete steps on the box using one leg. The athlete steps off the box, jumping is not allowed. The athlete is obligated to alternate legs with every repetition. Help of the hands is not allowed. All of this is done while holding the required dumbbell(s). Men have to hold the dumbbells in farmer carry hold. Women can choose how they hold their dumbbell.