

Intermediate/ Master	WOD1: Death by the minute	WOD2: Latimos	WOD3: Nancy	WOD4: Bolt
	<p>In 10min</p> <p>2 RDS AMRAP 1' hpcl (40/30kg) AMRAP 1' pull-up AMRAP 1' burpee to target AMRAP 1' thruster (40/30kg) AMRAP 1' STOH (40/30kg)</p>	<p>3 RDS 3-2-1 rope climb 15m DB OH Lunge L (22,5/15kg) 15m DB OH Lunge R (22,5/15kg)</p> <p>Buy out: 20 DB snatch + sprint to finish</p> <p><u>TC: 9min</u></p>	<p>5 RDS: 400m run 15 OH sq (42,5 /30kg)</p> <p><u>TC: 15min</u></p>	<p>5 RDS</p> <p>8 TTB 8 DL (80/60kg) 8 box jump over</p> <p><u>TC: 6min</u></p>



Standards: IM/Master - division (DAY1)

Death by the minute

Hang power clean

The athlete starts by picking up the bar and standing tall with the bar at hip height. The athlete continues by performing a hang power clean or hang muscle clean. No hang squat cleans allowed. The bar may never travel below the knees.

The rep is completed when the athlete stands tall with the bar in the front rack position while hips and knees are extended. Elbows have to be clearly in front of the bar while the bar is on the shoulders.

If the athlete performs singles, the barbell must settle on the ground before the athlete picks it up for the next repetition.

Pull Up

Before performing a pull up, the athlete needs to hang at the bar with the elbows fully extended. The rep is completed when the chin is clearly above the bar. Strict pull ups, gymnastic kip and butterfly pull ups are allowed.

Burpee To Target

The target will be a rope on the same height for everybody. 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 and touches the target with two hands at the same time to finish the rep.

If the athlete misses the target the whole burpee has to be done again.



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 floor. A full squat clean into the thruster is allowed. A muscle or power clean is also allowed, before the thruster starts with a front squat into press. The hips need to be below parallel in the bottom of the squat. The rep is completed when the athlete stands tall with the barbell overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body. The athlete can not pause after the front squat to perform a push press.

If the barbell is dropped from overhead, the bar must settle on the ground before the athlete picks it up for the next repetition.

Shoulder To Overhead

The bar starts in a front rack position. The athlete has reached the end position when the barbell is overhead with the shoulders, hips and knees extended.

Shoulder press, push press, push jerk and split jerk is allowed.

The athlete can choose to clean and jerk/press the bar from the ground in one fluent motion on the first rep.

Latimos

Rope Climbs

While traveling on the rope the athlete may use arms and legs, legless is also allowed. The rep is completed when the athlete touches the target where the rope is attached. Before each rep both feet need to touch the floor at the same time.

Dumbbell Overhead Lunge



Each overhead lunge begins with the DB overhead, the feet together, and the athlete standing tall, behind the line. The trailing knee must make contact with the ground at the bottom of each lunge. The DB must remain overhead. The rep ends with the dumbbell still overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is required. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not allowed. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the DB overhead for the entire rep, the judge will inform the athlete where to restart.

Dumbbell Snatch

The athlete moves the dumbbell from the floor directly to an overhead position. There can be no break during this movement, so no pause at the shoulder. The rep counts when the elbow is fully locked out and the athlete stands tall with the hips and knees fully extended. Alternating is obligated. The dumbbell can be switched in the air or on the floor. When the dumbbell is traveling down both heads of the dumbbell need to touch the floor at the same time.

Nancy

Run

You run 2 laps on the track.

Overhead Squats

The barbell starts on the floor. The athlete can choose how he can get the barbell overhead.. Performing a snatch counts as a first rep, only when the hips travel below parallel. To complete a full rep, the athlete has to stand tall, with the hips and knees extended while the bar remains in an overhead position with the elbows locked out.



Bolt

Toes to bar

At the start of each toes to bar the feet have to be behind the vertical plane of the rack, with the arms and hips fully extended. The rep is complete if both feet touch the bar at the same time.

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, shoulders need to be behind the bar.

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

Box Jump Over

The athlete jumps with both feet at the same time on the box. When performing this movement, the athlete doesn't need to stand up on the box. The athlete can jump or step of the box. Box step ups are not allowed.