

Scaled	WOD1: Death by the mintue	WOD2: Midline crusher	WOD3: Nancy scaled
	<p>In 6min</p> <p>2 RDS</p> <p>AMRAP 1' toes to ring</p> <p>AMRAP 1' burpee to target</p> <p>AMRAP 1' power clean (40/30kg)</p>	<p>3 RDS</p> <p>30 Russian KBS (24/16kg)</p> <p>30 Sit-ups</p> <p>2 lengths KB lunges</p> <p><u>TC: 9min</u></p>	<p>5 RDS:</p> <p>400m run</p> <p>15 front squats (42,5/30kg)</p> <p><u>TC: 15min</u></p>



# Standards: Scaled - division

## Death by the minute

### Toes To Ring

The athlete jumps to the rings, starting in a fully extended position of the elbow, hips and knees. The feet have to be behind the rings, with the hips extended, before they travel towards the rings. The feet have to go through the rings or touch the rings to make a full rep.

### 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.

### Power Clean

The bar starts on the floor. The athlete may only perform a power clean, no squat cleans allowed. The rep is completed when the athlete stands tall with the bar in the front rack while hips and knees are extended. Elbows have to be clearly in front of the bar.

Touch and go is allowed, but when the athlete creates momentum in the bar by hitting it on the floor, it will be called a no rep.

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

## Midline Crusher

### Russian Kettlebell Swing

The athlete picks the kettlebell up, this movement starts with the kettlebell between the legs. The athlete brings the kettlebell above the head. A full rep is awarded when the kettlebell reaches eye height and the hips and the elbows are locked out.



## **Sit Ups**

The athlete must lay down with their back on the floor. The hands must touch the floor behind the head before doing a rep. When performing the sit up, the athlete's feet must stay on the floor. How the feet are placed is up to the athlete. But to make a full rep, the hands must touch the floor in front of the feet.

## **Kettlebell Goblet Lunges**

Each goblet walking lunge begins with the kettlebell at chest height, 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 kettlebell must remain at the chest. The rep ends with the kettlebell still in front of the chest 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 kettlebell at chest height for the entire rep, the judge informs the athlete where to restart.

# **Nancy Scaled**

## **Run**

You run 2 laps on the track.

## **Front Squats**

The barbell starts on the floor. The athlete can choose between a muscle, power or squat clean to catch the bar in the front rack. Performing a squat clean 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 and show control.