



W O D 1

QUALIFICATION 1

FOR TIME / TIME CAP: 10MIN

MOVEMENTS	REPS COMPLETED	POSSIBLE REPS
21 DEADLIFTS MALE: 100KG FEMALE: 60KG		21
5 BURPEE BOX JUMPS MALE: 60CM FEMALE: 50CM		26
15 DEADLIFTS MALE: 120KG FEMALE: 70KG		41
15 BURPEE BOX JUMPS MALE: 60CM FEMALE: 50CM		56
9 DEADLIFTS MALE: 140KG FEMALE: 80KG		65
30 BURPEE BOX JUMPS MALE: 60CM FEMALE: 50CM		95

YOUR FINAL SCORE: FOR TIME

SCORE IS DETERMINED BY THE TIME TO COMPLETE REPS. ANY INCOMPLETE REPS WILL COUNT 1 SEC PENALTY TOWARDS TOTAL TIME.

MOVEMENT STANDARDS:

DEADLIFT: This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

BURPEE BOX JUMP: The athlete must face the box at the bottom position, with the athlete's chest and hips touching the ground. The athlete must come to his or her feet and must jump on top of the box. The jump must be a two-footed jump. One-footed jumps and step-ups are not permitted. Each rep, including the final rep, is complete once the athlete has jumped on top of the box.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

ATHLETE / TEAM NAME	ATHLETE / TEAM SIGNATURE	DIVISION	GENDER	JUDGE INT.
X	X	<input type="radio"/> Ind. <input type="radio"/> COED	<input type="radio"/> Male <input type="radio"/> Female	