



# MUSCLE MK<sup>®</sup>

## 2016 Fraser Valley Throwdown Competitive Team WODs

### Event #1

MM/FF Pairs

16:00 AMRAP

**5 Reps Front Squat**  
**4 Reps Shoulder to Overhead**  
**3 Reps Overhead Squat**

135#/95#

-Score will be total reps completed.

0:00-8:00 Females will alternate to complete as many rounds/reps as possible.

8:00-16:00 Males will alternate to complete as many rounds/reps as possible.

-On the call of "go" F1 will move forward to the barbell and complete as many rounds/reps as desired. In order to switch F1 must return back to the starting mat and tag F2. Females will complete as many rounds/reps as possible in their allotted 8 minutes. Once both females have returned back to the starting mat M1 may move forward to the bar.

-Males will have a bar loaded to 135# and the females will have a bar loaded to 95#

#### **Front Squat:**

-The movement begins with the bar in the front rack position at full hip extension. The athlete must pass through a squat in which the crease of the hip clearly passes below the top of the knee. The movement ends when the athlete returns to a standing position with the knees and hips fully extended. The first rep of the 3 rep front squat may be performed as a squat clean.

#### **Shoulder to Overhead:**

-The movement begins with the bar in the front rack position. The athlete may move the bar in any way they choose to a position that sees the bar above the athletes midline with elbows, hips and knees at full extension, and the feet parallel to one another in the frontal plane.

#### **Over-head Squat:**

-The movement begins with the bar locked out above the athlete's midline. The athlete must pass through a squat in which the crease of the hip clearly passes below the top of the knee. The movement ends when the athlete returns to a standing position with the knees and hips fully extended and the bar still supported above the athlete's midline.

## **Event #2**

### **MF/MF Pairs Waterfall (16 minute AMRAP)**

**15 Synchro Burpee Box Jump 20"**

**15 C2B Pull Up (with partner hang)**

**30 Wall Ball 20#/14#**

**15 HSPU (with partner HS hold)**

-Score will be total reps completed.

#### **Workout Flow:**

-On the call of "go" the first MF pair will move from their starting mat to the synchro burpee box jump. During the burpee box jump both athletes will work in a synchronized fashion. Once the first pair has completed the required reps they will move forward to the C2B pull up and the trailing MF pair may start their synchro burpee box jumps. During the C2B pull up one athlete must be performing a static hang from the pull up bar before his/her partner can start accumulating reps. Once the first pair has completed the required C2B reps they will move forward to the wall ball and the trailing MF pair may start their C2B pull up reps. The workout will continue in this waterfall format for 16 minutes with the teams trying to complete as many rounds and reps as possible. During the HSPU one athlete must be performing a static handstand hold on the wall before his/her partner can start accumulating reps. In each of the exercises (with exception of the synchro burpee) MF pairs may divide the reps as desired; it is not necessary that the reps be broken up evenly.

#### **Synchronized Burpee Box Jump:**

-The movement begins with the chest and thighs of both athletes in contact with the ground. The athletes must then jump onto the box, from both feet and land on both feet. The movement ends when both of the athletes come to full hip extension on top of the box.

#### **Chest to Bar Pull Up:**

-The movement begins with the athlete's feet off of the ground, hanging from the pull up bar with straight arms with hips fully open. The movement ends when the athlete's chest (anywhere below the collarbone) has made contact with the pull up bar.

#### **Static Hang:**

-The athlete must achieve a position with the feet off of the ground, hanging from the pull up bar with straight arms with hips fully open.

#### **Wall Ball:**

-The movement begins with the athlete holding the medicine ball in a bottom squat position in which the crease of the hip is clearly below the top of the knee. The rep ends with the medicine ball making contact above the marked line.

#### **Handstand Push Up:**

-Two plates will be placed on the ground next to the wall with an abmat in between. The start and finish positions of each rep are identical, with hands flat and completely on the plates, arms locked out, body straight and feet touching the wall. The feet must be inside the hands, meaning the width of the feet must be less than the width of the hands. The fingers cannot wrap off the edge of the plate. From the starting position, the arms bend until the head touches the abmat. The athlete presses back up until the start finish/position is achieved. The feet do not have to remain on the wall for the movement, though they must be on the wall to complete the rep. Kipping is allowed.

**Static Handstand Hold:**

-The athlete must achieve an inverted position with arms locked out, body straight and feet touching the wall.

**Event #3****Relay as Individuals: 20 Minute CAP (M1/M2/F1/F2)**

**For time:**

**21-15-9 reps of:**

**Deadlift 225#/155#**

**Toes to Bar**

-Score will be the team's time once all the work is completed and all athletes have returned to the starting mat. If the time cap is reached before one of the athletes has finished a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for failing to return to the starting mat.

**Workout Flow:**

On the call of "go" the first of 4 athletes will complete all reps of the deadlift toes to bar couplet. Once the athlete is finished and has returned to the starting mat the next athlete may be tagged in. Teams will work in the following order;

M1(male 1)/M2(male 2)/F1(female 1)/F2(female 2)

**Deadlift:**

-The movement begins with the barbell on the floor. The movement ends when the athlete has reached a position where the hips and knees have reached full extension with the shoulders are behind the bar. The arms must be straight throughout. Dropping the barbell after the completion of the repetition is permitted. Deliberate bouncing of the barbell is not allowed. Sumo deadlifts are not allowed.

**Toes to Bar:**

-The movement begins with the athlete's feet off of the ground, hanging with straight arms, and the hips fully open, with the feet back behind the bar and behind the body. The movement ends when the both of the athlete's feet make contact with the bar inside the hands.

**Event #4****Relay as Individuals: 20 Minute Cap**

**For time:**

**First, female pairs will relay to complete:**

**2 rounds of:**

**F1**

**16 Calorie Row**

**8 GTOH 105#**

**3 Rope Climb**

**F2**

**16 Calorie Row**

## **8 GTOH 105#**

### **3 Muscle Up**

**After, male pairs will relay to complete:**

**2 rounds of:**

**M1**

**16 Calorie Row**

**8 GTOH 155#**

**3 Rope Climb**

**M2**

**16 Calorie Row**

**8 GTOH 155#**

**3 Muscle Up**

### **Score:**

-Score will be the team's time once all the work is completed and all athletes have returned to the starting mat. If the time cap is reached before one of the athletes has finished, a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for failing to return to the starting mat.

### **Workout Flow:**

-On the call of "go" the first female athlete will complete all the reps of the triplet. Once she has completed the first of her two rounds and has returned to the starting mat the next female athlete may be tagged in to complete the first of her two rounds. Once both female athletes have alternated to complete 2 ROUNDS EACH, they may then tag in the first male athlete. The same format must be used for the male athletes.

Athletes will work in the following order:

F1/F2, F1/F2

M1/M2, M1/M2

\*note that in this workout an athlete will be either performing rope climbs or muscle ups, and not both.

### **Ground to Overhead:**

-Athletes may perform a Clean and Jerk or Snatch variations.

-The movement begins with the barbell on the floor. The movement ends with the athlete in a standing position with the knees, hips and arms fully extended, and the bar directly over the middle of the body. Athletes may take the bar from the ground to the overhead position in any manner they like as long as all movement standards are met. They may use clean and split jerk, clean into a thruster, clean and push jerk, clean and push press, power clean and split jerk, power clean and push jerk, power clean and push press, snatch, power snatch, and/or muscle snatch.

### **Muscle Up:**

-The movement begins with the athlete's feet off of the ground, hanging from the rings with straight arms, with hips fully open. The movement ends with the athlete supported above the rings with the elbows fully locked. A kipping muscle-up is allowed, but the heels may not elevate above the height of the rings. Swings or rolls to support are not permitted (if the athlete is kipping, a change of direction under the rings is required).

### **Rope Climb:**

-Athletes ascend the rope to touch the cross beam at the top, and must remain in control during the descent. Jumping up to begin each ascent is permitted.