



# MUSCLE MK<sup>®</sup>

## 2016 Fraser Valley Throwdown Competitive Individual WODs

### “Floater”

This WOD will run from 9:00-5:00pm on Saturday and from 9:00-12:00pm on Sunday. All athletes must have completed this WOD by Sunday at noon. There will be a sign-up sheet to schedule heats.

### 3:00 AMRAP

**MAX REP Overhead Squat 95#/65#**

**MAX REP Over Bar Burpee**

-Score will be total reps completed (sum of overhead squat reps and burpee reps)

-Each athlete will complete as many unbroken overhead squats as possible. Once the bar descends from the locked-out overhead position the athlete will use the remaining time to perform as many over-bar burpee as possible.

-Each athlete must perform at least 1 rep overhead squat.

### **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, hips and arms fully extended, and the bar directly over the middle of the body.

### **Over-Bar Burpee:**

-The movement begins with the athlete's chest and thighs in contact with the ground. The athlete must then jump over the barbell from both feet and land on both feet. One footed jumping and stepping over is not permitted. The movement ends when both the athlete's feet are on the floor on the opposite side of the bar.

### **Event #1**

**For heaviest lift:**

**8:00 time cap:**

**80 Double Under**

**3 Front Squat**

**60 Double Under**

**3 Front Squat**

**40 Double Under**

**3 Front Squat**

**20 Double Under**

**3 Front Squat**

-Score will be athletes heaviest successful 3 rep front squat.

-Once each athlete has performed the required double unders they may then perform 1 attempt at a 3 rep max front squat.

-The athlete may choose to perform any number of the 4 available attempts. Stopping when they are satisfied with their achieved weight or have run out of time.

### **Double Under:**

-The athlete's rope must pass under the feet twice for each jump.

(Remember athletes must provide their own skipping rope)

### **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.

## **Event #2**

**For time: 15 minute CAP**

### **1000m Row**

**Overhead Walking Lunge 45#/25# (from rower line to competition floor)**

**15 Burpee Box Jump 24"/20"**

**20 C2B Pull Up**

**25 Wall Ball 20#/14#**

**30 HSPU**

**25 Wall Ball 20#/14#**

**20 C2B Pull Up**

**15 Burpee Box Jump 24"/20"**

**Sprint (from competition floor to rower line)**

-Score will be the athletes' time once all the work is completed and they have crossed back over the rower line. If the time cap is reached before the athlete crosses the rower line a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for the shuttle run.

-Event 2 begins with the athletes seated in their rowers, with the rower handle in it's holster, and ends when all the work is completed and both feet of the athlete cross the rower line.

### **Overhead Walking Lunge:**

-The movement begins with the plate overhead, the feet together, and the athlete standing tall. The trailing knee must make contact with the ground at the bottom of each lunge. Stopping with both feet together on the ground between reps is not required but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads each repetition. If at any point the weight is dropped or makes contact with the head or body the athlete must restart back from a point behind the trailing foot indicated by the judge.

### **Burpee Box Jump:**

- The movement begins with the athlete's chest and thighs in contact with the ground. The athlete must then jump onto the box, from both feet and land on both feet. The movement ends when the athlete comes 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 with straight arms, and the hips fully open, from the pull up bar. The movement ends when the athlete's chest (anywhere below the collarbones) has made contact with the pull up bar.

**Wall Ball:**

-The movement begins with the athlete holding the medicine ball in the bottom squat 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 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 the hands flat and completely on the plates, the arms locked out, body straight and the 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.

**Event #3**

**For time: 10 minute CAP**

**5 rounds for time of:**

**3 Rope Climb 15'**

**12 Deadlift 245#/165#**

**Keg Carry Shuttle Run**

-Score will be the athletes' time once all 5 rounds are completed and they, and their round marker have returned back to their starting mat. If the time cap is reached before the athlete reaches their starting mat a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for not returning to the mat.

-Event 3 starts with the athletes on their starting mats. On the call of "go the athletes will run to the competition floor and complete 5 rounds of the couplet. After each round is complete the athlete must advance their round marker down the competition floor to each of the designated areas. After the 5<sup>th</sup> round is completed the athlete will advance the round marker to the finish mat. When the athlete and round marker are on the finish mat the event is complete.

**Rope Climb:**

-In the rope climb, the athlete ascends 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.

**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.

## **Event #4 (Final)**

**For time: 9 minute CAP**

### **Handstand Walk (from starting mat to competition floor)**

**12 Ground to Overhead 145#/100#**

**6 Muscle Up**

**9 Ground to Overhead 175#/120#**

**6 Muscle Up**

**6 Ground to Overhead 205#/140#**

**6 Muscle Up**

### **Handstand Walk (from competition floor to starting mat)**

-Score will be the athletes' time once all work is completed and they have returned back to their starting mat. If the time cap is reached before the athlete reaches their starting mat a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for the handstand walk.

-The final will start with the athletes on their starting mats. On the call of "go the athletes will handstand walk to the competition floor and complete all 46 reps of the GTOH, muscle up couplet. After each set of GTOH is complete the athlete must advance their bar down the competition floor to the designated areas and add plate to their bar to bring it to the required load. After the 3rd set of muscle ups is completed the athlete will handstand walk from the competition floor back to the starting mat. When both of the athletes hands have reached the starting mat the event is complete.

### **Handstand Walk:**

-The athlete must start with their feet behind the start line and must stay within their lane as they travel forward. If at any time the athlete comes down from their hands, he or she must restart from the point of least progression indicated by their judge. Both hands must cross the end line.

### **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 a snatch, power snatch, muscle snatch, 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.

### **Muscle Up:**

-The movement begins with the athlete's feet off of the ground, hanging with straight arms, and the hips fully open, from the rings. 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).