



# MUSCLE MK<sup>®</sup>

## 2016 Fraser Valley Throwdown Recreational and Masters 45+ 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 75#/55#**

**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.

**Over-Head Squat:**

-The movement will begin with the bar locked out above the athlete's midline, and see the athlete pass through a squat in which the crease of the hip clearly passes below the top of the knee, and return to a standing position with the knees and hips fully extended and the bar still supported above the athlete's midline.

**Over-Bar Burpee:**

-The movement will begin 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.

**Event #1**

**For heaviest lift:**

**8:00 time cap:**

**100 Single Under**

**3 Front Squat**

**80 Single Under**

**3 Front Squat**

**60 Single Under**

**3 Front Squat**

**40 Single Under**

**3 Front Squat**

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

-Once the athlete has performed the required rope turns 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 once 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: 14 minute CAP**

### **1000m Row**

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

**15 Pull Up**

**15 Wall Ball 20#/14#**

**:30 Handstand Hold**

**15 Wall Ball 20#/14#**

**15 Pull Up**

**15 Burpee Box Jump/Step Up 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 both feet of the athlete cross the rower line.

### **Burpee Box Jump/Step up:**

- The movement begins with the athlete's chest and thighs in contact with the ground. The movement ends when the athlete comes to full hip extension on top of the box. Step-ups are permitted.

### **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 athletes chin elevates above the height of the bar 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 Hold:**

-Judges will be provided with a stopwatch and will be responsible for timing this movement. The judge will begin timing when the athlete achieves an inverted position with the arms locked out, body straight and the feet touching the wall. Athletes may perform as many attempts as necessary to accumulate 30 seconds in the handstand position.

**Event #3**

**For time: 10 minute CAP**

**5 rounds for time of:**

**3 Rope Climb 12'**

**12 Deadlift 165#/115#**

**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 a taped line indicating the 12' mark, 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**

**12 Ground to Overhead 115#/75#**

**3 C2B Pull Up**

**9 Ground to Overhead 125#/85#**

**3 C2B Pull Up**

**6 Ground to Overhead 135#/95#**

**3 C2B Pull Up**

-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 failing to return to the mat.

**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.

**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 athletes chest (anywhere below the collarbones) has made contact with the pull up bar.