

## **2014 Lifeworx Throwdown**

### ***WOD Descriptions***

<b><u>RX DIVISION</u></b>	<b><u>SCALED DIVISION</u></b>
<p><b><u>WOD #1</u></b> <b><u>2009 Chipper</u></b> 2k Row 120 burpees 40 shoulder-overhead (165/110)</p> <ul style="list-style-type: none"><li>- 14min time cap</li><li>- 1 athlete works at a time</li><li>- All athletes must participate in each movement</li><li>- Athlete A begins on 500m row; each athlete must rotate in and complete 500m of rowing per person (the machine will count down from 2000m to 0m)</li><li>- Once 2000m of rowing have been completed, all four athletes move on to the next station</li><li>- Athletes may rotate in any order they choose to complete the 120 burpees</li><li>- The minimum rep requirement is 1 burpee per athlete</li><li>- Once all burpees are complete, all four athletes move to the barbells</li><li>- There is one barbell for males and another barbell for females</li><li>- Teams must work together, with one athlete working at a time, to complete 40 shoulder-to-overhead reps with their respective barbells</li><li>- The minimum rep requirement is 1 shoulder-to-overhead per athlete</li><li>- Athletes may rotate in any order they choose to complete the shoulder-to-overhead reps</li><li>- Scoring: total time to complete required reps (+ 1 second for every rep not completed within 14min cap)</li></ul>	<p><b><u>WOD #1</u></b> <b><u>2009 Chipper</u></b> 2k Row 120 burpees 40 shoulder-overhead (135/95)</p> <ul style="list-style-type: none"><li>- 14min time cap</li><li>- 1 athlete works at a time</li><li>- All athletes must participate in each movement</li><li>- Athlete A begins on 500m row; each athlete must rotate in and complete 500m of rowing per person (the machine will count down from 2000m to 0m)</li><li>- Once 2000m of rowing have been completed, all four athletes move on to the next station</li><li>- Athletes may rotate in any order they choose to complete the 120 burpees</li><li>- The minimum rep requirement is 1 burpee per athlete</li><li>- Once all burpees are complete, all four athletes move to the barbells</li><li>- There is one barbell for males and another barbell for females</li><li>- Teams must work together to complete 40 shoulder-to-overhead reps with their respective barbells</li><li>- The minimum rep requirement is 1 shoulder-to-overhead per athlete</li><li>- Athletes may rotate in any order they choose to complete the shoulder-to-overhead reps</li><li>- Scoring: total time to complete required reps (+ 1 second for every rep not completed within 14min cap)</li></ul>

**WOD #2****The 2011 Thruster Ladder**

1 rep max Thruster

- There will be 15 stations for female athletes and 15 stations for males
- Barbell begins on the ground at each station; athlete must begin in a fully standing position
- Athlete must take the barbell from the ground and perform one full thruster
- Athletes will have 50 seconds to complete the lift successfully; there will be 10 seconds to transition to the next lifting station
- Scoring: total weight completed successfully per athlete for a combined amount of points
- Tiebreaker: If an athlete fails a thruster or completes the ladder, he/she will utilize the remainder of the 50 second lifting time to complete a maximum number of clean repetitions (value: 0.01 points per rep)
- *Women's Weights (lbs): 105, 115, 125, 130, 135, 140, 145, 150, 155, 160, 165, 170, 175, 180, 185*
- *Men's Weights (lbs): 155, 165, 175, 185, 195, 205, 215, 225, 235, 245, 255, 265, 275, 285, 295*

**WOD #2****The 2011 Thruster Ladder**

1 rep max Thruster

- There will be 15 stations for female athletes and 15 stations for males
- Barbell begins on the ground at each station; athlete must begin in a fully standing position
- Athlete must take the barbell from the ground and perform one full thruster
- Athletes will have 50 seconds to complete the lift successfully; there will be 10 seconds to transition to the next lifting station
- Scoring: total weight completed successfully per athlete for a combined amount of points
- Tiebreaker: If an athlete fails a thruster or completes the ladder, he/she will utilize the remainder of the 50 second lifting time to complete a maximum number of clean repetitions (value: 0.01 points per rep)
- *Women's Weights (lbs): 105, 115, 125, 130, 135, 140, 145, 150, 155, 160, 165, 170, 175, 180, 185*
- *Men's Weights (lbs): 155, 165, 175, 185, 195, 205, 215, 225, 235, 245, 255, 265, 275, 285, 295*

**Floater WOD****Fun from 2010**

- 2min time cap
- Relay-style
- Athlete A completes 15m tire flip
- Athlete B completes 15m tire flip
- Athlete C completes 15m log carry
- Athlete D completes 15m log carry
- Scoring: total time taken to complete all 4 "legs" of relay; +1 second penalty to total time for every meter not completed successfully

**Floater WOD****Fun from 2010**

- 2min time cap
- Relay-style
- Athlete A completes 15m tire flip
- Athlete B completes 15m tire flip
- Athlete C completes 15m log carry
- Athlete D completes 15m log carry
- Scoring: total time taken to complete all 4 "legs" of relay; +1 second penalty to total time for every meter not completed successfully

---

## **Movement Standards**

### Rowing Machine

- First athlete may begin seated on rower, with feet strapped in, hands may not touch handle till "GO"; subsequent athletes must stay behind starting line until their turn
- Athletes may adjust damper setting as they wish

### Burpee

- Rep begins when athlete is in a standing position
- Athlete's chest must touch the ground in the bottom position; rep is complete when athlete finishes in a fully extended upright position, with hip crease open and feet visibly off the ground with hands touching overhead
- No rep example: superman clap with chest facing the ground instead of being upright

### Shoulder to OH

- Rep begins with barbell in the front-rack position with athlete's knees and hips fully locked out
- Athlete may use any form of press (strict press, push press, push jerk, split jerk) to get the barbell in the overhead position
- Rep is complete when the barbell is in a position of overhead control, with the athlete's knees, hips and elbows in a fully locked out position; athlete's ears must be visible in front of the arms
- If a split jerk is performed, both feet must return to a position of support under the athlete's body, with knees, hips and elbows fully locked out before the rep can be counted
- No rep example: not standing fully after split jerk; never completely locking out knees; not reaching full extension with overhead position

### Thruster

- Barbell begins on the ground
- Athlete begins in a fully standing position; hands may not touch barbell until "GO"
- Rep begins when the barbell leaves the ground; athlete may perform a power clean, if preferred, however, once the squat motion begins, the feet may not move; athlete must travel through a full front squat with the barbell in the front rack position, in which the hip crease must pass below the top of the knee; the athlete must stand up from the squat, without any stopping of movement, until the barbell finishes in a position of overhead support; rep is complete when athlete shows control of the barbell in an overhead position, with ears visible in front of the arms and in a fully upright position with knees and hips fully locked out
- Once the squat has begun, the athlete's feet may not leave the ground
- No rep example: lack of hip extension in beginning and ending positions; not breaking parallel during squat; moving feet; re-dipping under the barbell (jerk); lack of overhead extension

### DB one-arm snatch

- The DB begins on the ground
- Athlete must begin in a fully standing position; hand may not touch DB until "GO"

- The rep begins when the athlete places one hand on the DB and initializes upward movement; there can be no stopping of upward movement once the rep has begun and the DB cannot make contact with the athlete's body (i.e. shoulder) during the rep
- The rep may only be performed with one arm in contact with the DB
- The rep ends when the DB is in a position of overhead support; the athlete's hips, knees and elbow must be completely locked out; the DB must be centered over the athlete's body, with the athlete's ear visible in front of the arm

#### Clean

- Barbell begins on ground
- Athlete begins in a fully standing position; rep begins when barbell leaves the ground; barbell must continuously travel until the athlete finishes with the barbell in the front rack position; the rep is complete when the athlete stands fully upright with the barbell in the front rack position, with knees and hips fully locked out and showing control
- A power clean (receiving the barbell with hip crease above parallel) or a squat clean (receiving the barbell with the hip crease below parallel) are both acceptable; either style is considered a completed rep when the athlete stands fully upright with the barbell in the front rack position, with knees and hips fully locked out
- No rep example: athlete's bar visibly pauses and athlete is forced to press-out to full extension; barbell travels below the knee cap during the hang snatch; an incomplete hang snatch results in a no-rep, athlete must repeat both movements to earn a score