



WOD 1

SUBMIT YOUR SCORE BY THE 27TH OF APRIL, 8PM

FOR TIME THEN REPS / TIME CAP: 8MIN

MOVEMENTS	10	9	8	7	6
POWER SNATCH RX / TEAM - MALE: 115LB FEMALE: 75LB MASTERS - MALE: 95LB FEMALE: 65LB SCALED - MALE: 75LB FEMALE: 55LB					
BURPEES OVER BAR					
POSSIBLE REPS	20	38	54	68	80
MOVEMENTS	5	4	3	2	1
POWER SNATCH RX / TEAM - MALE: 115LB FEMALE: 75LB MASTERS - MALE: 95LB FEMALE: 65LB SCALED - MALE: 75LB FEMALE: 55LB					
BURPEES OVER BAR					
POSSIBLE REPS	90	98	104	108	110

YOUR FINAL SCORE: FOR TIME

ANY **REP** NOT COMPLETED BEFORE TIME CAP WILL = 1 SECOND PENALTY ADDED TO TIME CAP.

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS

POWER SNATCH: The barbell starts on the ground. The athlete must bring the bar above his head in one fluid movement. The repetition will count when the athlete is in full extension with the barbell, the shoulder, hips, knees and heels aligned in the end position of the movement. The barbell does not touch the floor in between each repetitions. The athlete does not reach full extension with the barbell above his head. The athlete uses the rebound of the bar on the ground. If the plates are not big enough, the barbell will need to pass under the knees for the repetition to be valid. A power snatch or muscle snatch are allowed. If the athlete goes below parallel in the landing position, the repetition will not be valid.

BURPEES OVER BAR: The athlete starts standing up. He will then do a burpee and finish the rep by jumping over the bar. The jump and landing must happen with both feet leaving and touching the ground at the same time. The athlete must make sure he lies on the ground fully. To do so, he needs to show an effort. The jump and the landing does not happen with both feet together. The athlete does not lie on the ground fully. For the rep to be valid, the athlete does not need to do a full extension before the jump. The athlete may do the burpees parallel or facing the bar.

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