ONLINE QUALIFIER

Rx

15 Minute AMRAP:

21 – Calorie Row

15 – Sync Pull-ups

9 – Squat Snatches (115/85)

Rest 2 Minutes

3 Minute AMRAP:

Max Rep HSPU

WOD FLOW:

On a 20 minute clock, athletes will complete as many rounds and reps as possible of 21 Cal row, 15 Sync Pull-ups and 9 Squat Snatches. Once the clock hits 15:00, athletes will stop working and rest until 17:00. At 17:00, athletes will have 3 minutes to work as a team, one at a time, to accumulate as many HSPU reps as possible. The workout will end when the clock hits 20:00.

MOVEMENT NOTES*:

- Cal Row – Each calorie will count as one rep. Only one athlete is working at a time, but can be split up as desired. The counter must be reset to start each round.
- Sync Pull-ups – Two athletes are working at the same time, while the third is resting. The pair working can change members as desired, but two athletes must be working at the same time. Both athletes must start the rep with both arms fully locked out, hanging from the bar. The rep is completed when BOTH athletes' chins are above the bar. Key points are both athletes arm are straight at the bottom, and both chins are above the bar.
- Squat Snatches – One athlete is working at a time. This must be a squat snatch that catches the bar in a full below parallel squat. The bar starts on the ground, and caught in the bottom of an overhead squat. The squat snatch is finished when the athlete stands up with knees, hips, and arms fully extended and inline.

*Please see movement standards tab for further instructions on the movements.

ONLINE QUALIFIER

Scaled

15 Minute AMRAP:

21 – Calorie Row

15 – Jumping Pull-ups

9 – Squat Snatches (75/55)

Rest 2 Minutes

3 Minute AMRAP:

Max Rep S2OH (75/55)

WOD FLOW:

On a 20 minute clock, athletes will complete as many rounds and reps as possible of 21 Cal row, 15 Jumping Pull-ups and 9 Squat Snatches. Once the clock hits 15:00, athletes will stop working and rest until 17:00. At 17:00, athletes will have 3 minutes to work as a team, one at a time, to accumulate as many S2OH reps as possible. The workout will end when the clock hits 20:00.

MOVEMENT NOTES*:

- Cal Row – Each calorie will count as one rep. Only one athlete is working at a time. Reps can be split up as desired. The counter must be reset to start each round.
- Jumping Pull-ups – One athlete is working at a time. Reps may be split up as desired. See the movement standards tab for a full description of this movement.
- Squat Snatches – One athlete is working at a time. This must go through a squat. The athlete may perform a full squat snatch, or a power/muscle snatch with an overhead squat.

*Please see movement standards tab for further instructions on the movements.

ONLINE QUALIFIER

Masters (45+)

15 Minute AMRAP:

21 – Calorie Row

15 – Sync Pull-ups

9 – Squat Snatches (75/55)

Rest 2 Minutes

3 Minute AMRAP:

Max Rep S2OH (75/55)

WOD FLOW:

On a 20 minute clock, athletes will complete as many rounds and reps as possible of 21 Cal row, 15 Sync Pull-ups and 9 Squat Snatches. Once the clock hits 15:00, athletes will stop working and rest until 17:00. At 17:00, athletes will have 3 minutes to work as a team, one at a time, to accumulate as many S2OH reps as possible. The workout will end when the clock hits 20:00.

MOVEMENT NOTES*:

- Cal Row – Each calorie will count as one rep. Only one athlete is working at a time. Reps can be split up as desired. The counter must be reset to start each round.
- Sync Pull-ups – Two athletes are working at the same time, while the third is resting. The pair working can change members as desired, but two athletes must be working at the same time. Both athletes must start the rep with both arms fully locked out, hanging from the bar. The rep is completed when BOTH athletes' chins are above the bar. Key points are both athletes arm are straight at the bottom, and both chins are above the bar.
- Squat Snatches – One athlete is working at a time. This must go through a squat. The athlete may perform a full squat snatch, or a power/muscle snatch with an overhead squat.

*Please see movement standards tab for further instructions on the movements.