



QUALIFICATION WOD 2

FOR TIME:

500 m Row

40 Wall Ball Shots (M 9 kg 3,05m / F 6 kg 2,75m)

30 Pull-Ups

20 Alternating One Arm Dumbbell Devils Press

(M 22,5 kg / F 15 kg)

100 Double Unders

Time cap: 12 minutes

SCORE = Time to complete or reps



NOTES

The same rules apply as in the CrossFit Open.

For a valid score the whole workout must be filmed with following standards.

Equipment:

Concept 2 Rower

1 Medicine Ball (9kg for men, 6kg for women)

Pull-Up-Bar

1 Dumbbell (22,5 kg for men, x 15 kg for women)

Jump Rope

This workout begins with the athlete seated on the rower with hands not touching the handle. After "3, 2, 1 ... GO," row 500 meters (counting up). When the rower reads 500 meters, the athlete moves to the Wall-Ball station for 40 Wall-Ball Shots, then to the Pull-Up bar and complete 30 Pull-Ups. After that the athlete starts with 20 Alternating One Arm Dumbbell Devil Presses. On the last station the athlete has to complete 100 Double Unders.

The score is the time it takes the athlete to finish the workout or the reps performed in 12 minutes.



MOVEMENT STANDARDS

Rowing

Athletes must use a Concept2 rower. The monitor on the rower must be set to zero at the beginning of the row. The athlete will start seated on the rower with hands off the handle until the call of "3, 2, 1 ... GO." The athlete must stay seated on the rower with hands on the handle until the monitor reads 500 meters. On the video, the monitor and meters must be clearly shown to the camera during the row.

Wall Ball Shot

Every Wall-Ball Shot starts with the medicine ball in both hands. From the bottom of a squat, hip crease below the knees, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it's not allowed to catch the ball from the bounce and start the next rep. The ball must settle on the ground before being picked up for the next rep.

Pull-Up

The athlete must start each rep hanging on the bar with arms fully extended and feet off the ground. Any style of Pull-Up or grip is permitted as long as the requirements are met. The rep is credited when the athletes chin breaks the horizontal plane of the bar.

Wrapping tape around the Pull-Up bar or wearing hand protection (gymnastic-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.



MOVEMENT STANDARDS

Alternating One Arm Dumbbell Devils Press

A Devils Press is made of two movements: a BURPEE into a Dumbbell-SNATCH in an continuous, flowing motion.

A repetition starts with the dumbbell on the floor and the athlete standing tall. The athlete has to perform a burpee (chest, hip and thighs on the floor) beside the dumbbell with one hand on the dumbbell. While standing up the athlete must lift the dumbbell overhead in one motion. A Clean and Jerk or Press is not allowed. The rep is credited when: the arms, hip, and knees are fully extended and the dumbbell is clearly over the middle of the athletes body when viewed from profile. The athlete may choose to do a Split Snatch. However, both feet must return in line under the athletes body while the dumbbell is locked out overhead for the repetition to count. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved!

Double Unders

The rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.