



## WOD 1

### Individuals / Masters / Teams

### Male / Female

In a 8' Window:

1A - From 0' to 4'

1Km Rowing (Cap 4')

Straight into:

1B - From 4' to 8'

"Fran" (Cap 4')

21-15-9

Thrusters 43kg / 29kg

Pull ups

### SCORE:

1A – Time 1B - Time

**NOTE 1:** Athletes can only row for the first 4 minutes. After this, 1 second will be added for each missing meter to the final distance.

**NOTE 2:** Wod 1B can only start after 4 minutes of the clock.

**NOTE 3:** The footage should be able to clearly show the distance of the rowing as well as the standards of the movements.

### Scaled Male / Female

In an 8' Window:

1A - From 0' to 4'



750m Rowing (Cap 4')

Straight into:

1B - From 4' to 8'

"Fran" (Cap 4')

21-15-9

Thrusters 30kg / 20kg

Pull ups

**SCORE:**

1A - End time 1B - End time

**NOTE 1:** Athletes can only row for the first 4 minutes. After this, 1 second will be added for each missing meter to the final distance.

**NOTE 2:** Wod 1B can only start after 4 minutes of the clock.

**NOTE 3:** The footage should be able to clearly show the distance of the rowing as well as the standards of the movements.

**STANDARDS OF MOVEMENT**

Rowing: The athlete can only touch the handle after the clock starts counting. The athlete can only leave the row when it reaches the desired distance (the athlete can take off the feet and put down the handle before, but can only get it up after reaching the distance).

Thruster: with the bar on the shoulders (Front Rack), the athlete performs a squat (Hip crease below knee level). After this the athlete stands up and presses the bar above the head; the movement is valid when the athlete has the elbow, hip and knee joints in full extension with the bar stabilized / balanced above the head in the frontal plane;

Pull Ups: From hanging position with arms in full extension, the athlete pulls so that the chin clearly exceeds the bar; the athlete should then return to the arm extension to start the second repetition.