



## WOD 3

### Individuals / Masters / Teams

#### Male / Female

Amrap 6'

10 Burpees Box Jump Over 60cm / 50cm

10 Squat cleans 60kg / 35kg

8 Burpees Box Jump Over 60cm / 50cm

8 Squat cleans 70kg / 40kg

6 Burpees Box Jump Over 60cm / 50cm

6 Squat cleans 80kg / 45kg

4 Burpees Box Jump Over 60cm / 50cm

4 Squat cleans 90kg / 50kg

2 Burpees Box Jump Over 60cm / 50cm

Max Squat cleans 100kg / 55kg

**SCORE:** Total Squat Clean Reps at 100/55

(Tie break: time when athletes finish the last 2 burpee box jump over)

**NOTE 1:** Athletes can only use one bar throughout the wod.

**NOTE 2:** The athlete is responsible for changing the weights.

#### Scaled Male / Female

Amrap 6'

10 Burpees Box Jump Over 50cm / 40cm



10 Squat cleans 30kg / 15kg

8 Burpees Box Jump Over 50cm / 40cm

8 Squat cleans 40kg / 20kg

6 Burpees Box Jump Over 50cm / 40cm

6 Squat cleans 50kg / 25kg

4 Burpees Box Jump Over 50cm / 40cm

4 Squat cleans 60kg / 30kg

2 Burpees Box Jump Over 50cm / 40cm

Max Squat cleans 70kg / 35kg

**SCORE:** Total Squat Clean Reps at 70/35

(Tie break: time when athletes finish the last 2 burpee box jump over)

**NOTE 1:** Athletes can only use one bar throughout the wod.

**NOTE 2:** The athlete is responsible for changing the weights.

**NOTE 3:** If the bar does not have weights with the standard ground height, the athlete must clearly reach the bar to the middle of the shin.

### **STANDARDS OF MOVEMENT**

**Burpees Box Jump Over:** the athlete throws himself into the ground making the chest and thigh contact with it; then step up and jumps to the box, touching it with both feet. Then moves to the opposite side of the box to perform the second repetition. Step Up is allowed as long as both feet touch the top of the box.

**Squat Clean:** The athlete moves the bar from the ground up to the shoulders, in a single fluid movement (without stops), passing through the position of Front Squat (hip crease above knee level with the bar in front rack position); The movement is valid when, with the bar on the shoulders, the athlete moves the elbows to the front of the bar performing full extension of the hip and knees.