

# WOD UP **5** *BERLIN*

WORKOUT INFO



**WOD UP, BERLIN #5 QUALIFICATION WORKOUT** will be completed in a 60 minute time frame consisting of 3 different workouts resp. 3 different intervals.

**From min 00:00 until min 15** it is going to be 'Death by...' with 50 kg for male and 35 kg for female. Elite Teams will do Power Snatches and Intermediate Teams will do Power Cleans.

'Death by' means that you're going to do 1 rep in the first minute, and then increase one rep each min until you can complete all reps unbroken. If you reach 14th min mark, then from min 14:00 until 15:00 you will perform an AMRAP, where score is the tiebreaker. Otherwise your score is your completed round.

**From min 15:00 to 20:00** you will have 5 min rest time.

**From min 20:00 until min 35** you perform 75 Toes To Bar for time with 30 Double Unders as penalty, if you need to break your Toes To Bar.

Your score is total time it takes to complete 75 Toes To Bar.

**From min 35:00 to 40:00** you will have 5 min rest time.

**When the clock starts at 40:00 Minutes**, you are going to do As Many Rounds As Possible of 20 cal row, 20 wall balls and 20 burpees to plate.

Males will use 9 kg and females 6kg wall ball. Burpees will be performed onto a 20 kg plate, where you should jump on with full feet, full hip extension.

Deadline for score submission is 22nd of August.



WOD UP, BERLIN #5 QUALIFICATION WORKOUT consists of 3 different elements - one is barbell cycling activity, second is a gymnastic movement with a penalty of a cyclic activity in-between, and the last one is 20 minutes of hard work.

This workout will be completed in a 60 minute time frame consisting of 3 different workouts resp. 3 different intervals.

## 1st workout

From min 00:00 until min 15 it is going to be 'Death by...' with 50 kg for male and 35 kg for female. Elite Teams will do **Power Snatches** and Intermediate Teams - **Power Cleans**.

'Death by' means that you're going to do 1 rep in the first minute, and then increase one rep each min until you can complete all reps unbroken. If you reach 14th min mark, then from minute 14:00 until 15:00 you will perform an AMRAP, where score is the tiebreaker.

Score for one athlete is the round, where he/she finishes with unbroken reps.  
Example: If I can do min 5 with unbroken reps and cannot perform unbroken reps in min 6, my score is 5 and not 1+2+3+4+5 reps.

## Power Snatch:

As we basically don't want any pauses during the reps, it's allowed to rest with bar in overhead position or on your thighs in hang position, but you can't rest the bar on your upper back.

- This workout begins from standing position with the barbell loaded to starting weight. In snatch, barbell goes directly from the ground to overhead in one motion without stopping at the shoulders.
- Barbell starts on the ground. Touch and go is permitted. No bouncing.
- Barbell must come to a full lockout overhead with hips, knees and arms fully extended and the bar directly over the heels.

## Power Clean:

- Bar plates in contact with the ground at the bottom.
- Hip crease cannot be below the top of the knee. Hips and knees fully extended when you stand the weight up.

## 2nd Workout

From min 20:00 until min 35 you perform 75 Toes To Bar for time with 30 Double Unders as penalty, if you need to break your Toes To Bar.

## Toes to bar:

If you cannot complete all reps in 15:00 time cap, you add one second for each missed rep on Toes To Bar.

- In Toes To Bar, athlete must go from a full hang to toes touching the pull-up bar. Both feet must touch the bar at the same time, inside the hands. Arms and hips must be fully extended at the bottom and feet must be behind the bar, not out front.



## **Double Unders:**

- These are standard Double Unders with rope passing twice around the body in a forward motion with each jump. Swinging the rope backwards is not permitted. For a rep to count, rope must clear the feet twice. Attempts where the rope catches before clearing twice do not count.
- Double Unders should not be done unbroken.

## **3rd Workout**

**When the clock starts at 40:00** Minutes, you are going to do As Many Rounds As Possible of 20 cal row, 20 wall balls and 20 burpees to plate.

## **Rowing:**

- Rower should be set on calories and reset each time athlete starts a new round. After workout athlete should show the rowing history where all rowed calories are shown.

## **Wall ball:**

- The movement starts with a full squat, hip crease below parallel.
- At the top, ball must hit the target at the prescribed height.
- You may not bounce the ball off the ground and catch in a squat for the next rep.

## **Burpee:**

- Chest and hips must simultaneously touch the floor at the bottom position. Body must be behind and in line with the plate.
- To finish a rep the athlete must take off with two feet and jump onto the plate. A full extension at the top and both full feet landing on the plate is required.



## Video recording rules and judging to pay attention to

Also this year we will provide you with information how you should set up the workout floor and where to put camera, so we can evaluate all workouts.

- Athlete should say his/her name, team name and division in which they are competing
- Athlete should record weights on the bar, wall ball weight, target and also that the rower set for calories
- First workout video should be recorded from side, so we see overhead position of each rep.
- Second workout should be recorded from side so TTB can be seen (we will look for feet behind the bar and toes touching the bar), also Double Unders should be recorded from side.
- Third workout should show rower display, also wall balls and burpees on plate should be recorded from side. We will look for depth of squat on wall balls and target reach. On Burpees to plate - full feet landing on the plate and full hip extension on the plate.
- Rower should be reset after each round.
- After the workout, workout history should be filmed, so we see how many rounds you did.
- During the workout clock should be seen all the time.
- Athletes should be seen in the camera all the time.
- Athlete should film the workout area, weights and rower display history after the workout.
- For wrong camera set up, not mentioning name and division, for not showing the display after the workout, athlete leaving the camera, not seeing the clock there will be 10 sec penalty for each mentioned point above. If the judging of the video is almost not possible because of the camera set up - video can be announced as invalid and athlete will receive no score.
- Please pay attention to the camera set up below as an example. However, athlete can rearrange the equipment in the rest time for a better set up. You can place equipment how it is most convenient for you, however specifications mentioned above should be met.
- If the workout video has bad quality, e. g. it's hard to see workout reps or video is edited, WOD UP Team can announce it invalid. Based on that either team receive ,0' points or may be disqualified.



# INFO

