**Windsor Warrior 2024**

***THE MOVEMENT STANDARDS***



**WOD 1: PANIC !!!**

**Movement Standards**

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| Burpee over Bar  Burpee Tutorial 101: SGX Coach Tips to Master the Burpee | Spartan Race | * Chest and thighs touch ground on burpee * Step or jump back & up with burpee allowed. * Two foot take off on jump. * Must cleanly jump over bar without contact. |
| Calories | * Only athletes adjust/touch the rower. |

**WOD 2: Jerk It**

**Movement Standard**

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| Jerk From Blocks  Rogue Wood Jerk Blocks - American-Made Jerk Boxes | Rogue Fitness | * Reps start with bumpers on both sides touching blocks. * Bar must touch shoulders at start of jerk. * Finish with complete knee, hip, and upper body extension. * Must demonstrate full control at the finish. * Split and push jerk allowed. |

**WOD 3: WTF!!! Wow, That’s Fantastic!**

**Movement Standard**

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| Overhead Squats  The Overhead Squat - YouTube | * At bottom of movement, knees must be above hip crease. * Finish with full extension of legs and hips * The bar is overhead and not in contact with the body during reps. |
| Pull-Ups | * Start with arms in full extension. * Athletes chin travels above the bar at finish |
| Deadlifts | * Bar starts on floor and both sides must touch the floor between reps. * Finish in full knee and hip extension with shoulders behind bar |
| Box Jump Overs | * *Burpee*: chest and hips contact ground at same time * *Jump-over:* Both feet must take off at same time and land on top of the box at same time. * Step or jump down allowed. |

**WOD 4: Jumping Toes to Balls**

**Movement Standard**

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| Toes to Bar  Image result for crossfit movement kipping chest to bar | * Start with arms in full extension. * At the start, both feet must travel behind the post. * Athletes’ feet must contact the bar between the hands at the same time. |
| Wallballs  Image result for crossfit movement wall ball | * Ball hits at or above given target. * Ball is on floor during rest. |
| Double Under | * Rope must pass under the feet 2x with every jump. * Athlete must not travel outside of their assigned lane. |