

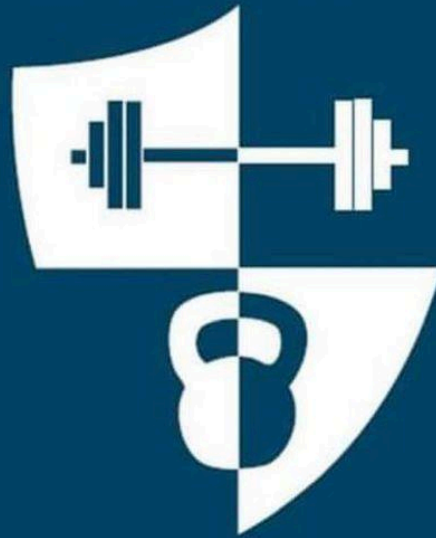
Feb. 15<sup>th</sup> 2025

**Windsor Warrior**

**THE MOVEMENT STANDARDS**

**WINDSOR**

WARRIOR



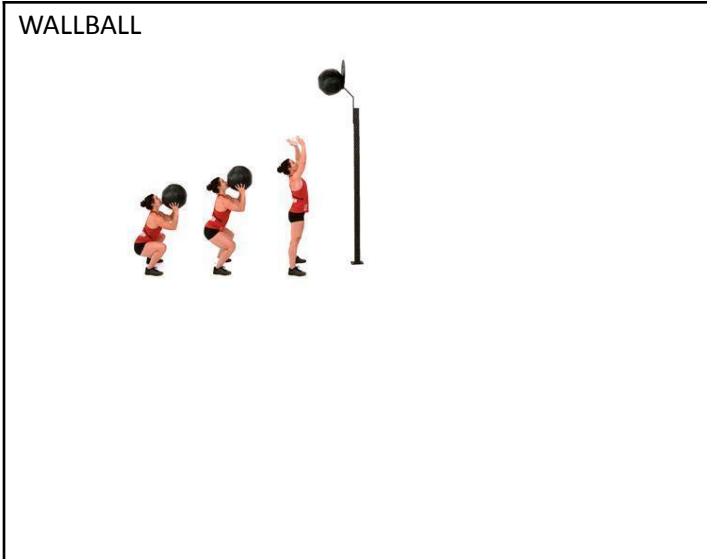
**O.F.W.**

CROSSFIT

# WOD 1: Calorie Shot

## Movement

## Standards



- Hip crease must travel below knees in squat (break 90).
- Ball must hit at or above given target.
- The ball must be on the floor when resting.



- Only the athletes will touch or adjust the rower.

## WOD 2: Front Crush

### Movement

### Standard

BB FRONT SQUAT



- Start from the rack
- Hip crease must travel below knees in squat (break 90).
- Must finish with full extension of legs and hips with elbows in front of bar.




#### NOTES

- Both athletes may load the bar
- NO re-racking is allowed during the 5 reps.
- No changing the bar or decreasing the load after selection is made
- Only one athlete works at a time. The other athlete must wait on the start mat

## WOD 3: In Sync

### Movement

### Standard

<p><b>SYNCRO DB SNATCH</b></p> 	<ul style="list-style-type: none"><li>• Both heads of DB must touch the floor between reps</li><li>• DB brought overhead in single motion</li><li>• Finish in full ankle, knee &amp; hip extension plus full extension of the shoulder, elbow and wrist at top of snatch</li></ul> <p><u>Notes</u></p> <ul style="list-style-type: none"><li>• Both athletes must be in full extension at the same time for the rep to count</li></ul>
<p><b>SYNCRO Burpee Over Tape</b></p> 	<ul style="list-style-type: none"><li>• Chest and thighs touch ground on burpees</li><li>• Step or jump back &amp; up with burpee allowed.</li><li>• Two foot take off on jump.</li><li>• Must cleanly jump over the tape without contact.</li></ul> <p><u>Notes</u></p> <ul style="list-style-type: none"><li>• Both athletes must have chest and thigh floor contact at the same time for rep to count</li></ul>
<p><b>DOUBLE UNDER</b></p> 	<ul style="list-style-type: none"><li>• Rope must pass under the feet 2x with every jump.</li><li>• Athletes must not travel outside of their assigned lane</li></ul>
<p><b>SINGLE UNDER</b></p>	<ul style="list-style-type: none"><li>• Rope must pass under the feet 1x with every jump.</li><li>• Athletes must not travel outside of their assigned lane</li></ul>



**WOD 3 cont'd**

**SYNCHRO TOES 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 their hands at the same time.

Notes

- Both athletes must be hanging in full extension, at the same time, to start the rep
- Both athletes feet must touch the bar at the same time for rep to count

**SYNCHRO PULL-UP**



- Start in hang with arms in full extension.
- Athletes chin must travel above the bar at the top

Notes

- Both athletes must be in full extension together, at the bottom to start rep
- Both athletes must have chins above bar at the same time for rep to count

## WOD 4: FAST & DIRTY

### Movement

### Standard

#### THRUSTER



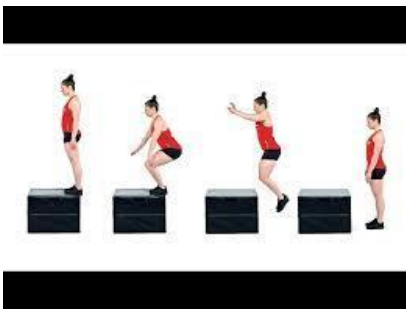
- May start with a squat clean into a thruster
- Hip crease below knees at bottom of squat, (breaks 90)
- Thruster must be completed in a single motion
- Finish with bar overhead in full ankle, knee & hip extension, plus full extension of the shoulders, elbows and wrists

#### HANG CLEAN



- 1<sup>st</sup> rep must start from the hang, not from the floor.
- Each rep must start from the hang, with the bar above the knees.
- Must reach full extension of ankles, knees and hips at top of the clean plus elbows in front of the bar.

#### BOX JUMP OVER



- Two footed take off and landing on top of the box
- Must step down on opposite side of box
- NO rebounding allowed