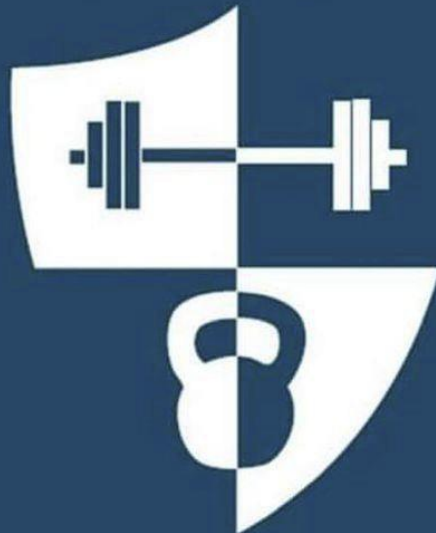


Windsor Warrior 2022

**THE MOVEMENT STANDARDS**

**WINDSOR**

WARRIOR



**O.F.W.**


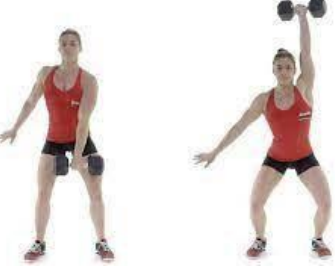


CROSSFIT

# WOD 1:

## Movement

## Standard-Good Rep

## No Rep

<p>Calorie Row</p>  <p>CrossFit</p>	<ul style="list-style-type: none"> <li>• Rows through to last calorie</li> <li>• Only athlete touches/adjusts the rower.</li> <li>• <a href="https://youtu.be/S7HEm-fd534">https://youtu.be/S7HEm-fd534</a></li> </ul>	<ul style="list-style-type: none"> <li>• Does not row through last calorie</li> <li>• Person other than athlete adjusts the rower</li> </ul>
<p>Single Arm DB Hang Snatch (SA DB HSN)</p> 	<ul style="list-style-type: none"> <li>• Deadlift DB into hang position</li> <li>• DB received in partial overhead squat in a SINGLE fluid motion</li> <li>• Finish with complete hip, knee, and arm extension</li> <li>• <a href="https://youtu.be/3mlhF3dptAo">https://youtu.be/3mlhF3dptAo</a></li> </ul>	<ul style="list-style-type: none"> <li>• Does not initiate at hang position.</li> <li>• Dumbbell touches floor between reps</li> <li>• Failure to complete full extension of hips, knees, and arms</li> <li>• Snatch received in a squat position</li> </ul>
<p>Toes to Bar</p> 	<ul style="list-style-type: none"> <li>• Arms start in extension</li> <li>• Both feet contact bar at the same time</li> <li>• Feet contact bar between hands</li> <li>• Feet travel behind post at bottom of movement</li> <li>• <a href="https://www.youtube.com/watch?v=58TheKippingToes-to-Bar"> (58) The Kipping Toes-to-Bar - YouTube</a></li> </ul>	<ul style="list-style-type: none"> <li>• Arms not extended</li> <li>• Feet hit bar at different time</li> <li>• Feet don't touch bar</li> <li>• Feet hit bar outside of hands</li> <li>• Feet stay in front of post at bottom of movement</li> </ul>
<p>Single Arm DB Thruster</p> 	<ul style="list-style-type: none"> <li>• Begin 1<sup>st</sup> rep with DB on ground</li> <li>• Squat with DB in front rack position</li> <li>• Hip crease descends below top of knees in squat</li> <li>• Complete at full extension of knees, hips and arm</li> <li>• <a href="https://youtu.be/uYSeID8zE_4">https://youtu.be/uYSeID8zE_4</a></li> </ul>	<ul style="list-style-type: none"> <li>• Hips don't descend below knees</li> <li>• Failure to complete extension of the hips, knees, or arms</li> <li>• Free arm touches DB or an where on athletes body</li> </ul>

## WOD 2:

### Movement

### Standard-Good Rep

### No Rep

Hang Cluster  
(Squat clean + thruster)



- Each rep begins with the BB in the **HANG** position
- Complete a squat clean into a thruster
- Thruster is completed in a **SINGLE** motion
- In squat clean, hips travel below knees
- Elbows in front of barbell
- Thruster completed with full extension of arms, hips, and knees
- <https://youtu.be/plCzO45g9nc>




- Bar touches ground between reps
- Hips don't travel below knees
- Thruster is a jerk, not a single motion from squat
- Lack of extension in arms, hips, and knees
- Elbows behind barbell

## WOD 3:

### Movement

### Standard-Good Rep

### No Rep




<p>Ground to Shoulder (G2S)</p> 	<ul style="list-style-type: none"> <li>• Bar starts on floor</li> <li>• Bar touches ground between reps</li> <li>• Complete at full extension of hips and knees</li> <li>• Elbows in front of bar</li> </ul>	<ul style="list-style-type: none"> <li>• Bar fails to touch floor between reps</li> <li>• Bar is bounced off floor into rep</li> <li>• Failure to reach full hip, knee extension</li> <li>• Elbows behind bar</li> </ul>
<p>Ground to Overhead (G2OH)</p> 	<ul style="list-style-type: none"> <li>• Bar starts on floor</li> <li>• Bar touches ground between reps</li> <li>• Complete at full extension of arms, hips and knees</li> </ul>	<ul style="list-style-type: none"> <li>• Bar fails to touch floor between reps</li> <li>• Bar is bounced off floor into rep</li> <li>• Failure to reach full arm, hip, knee extension</li> </ul>
<p>Burpee Box Jumps</p> 	<ul style="list-style-type: none"> <li>• Chest and thighs touch ground on burpee</li> <li>• Step or jump back into burpee</li> <li>• Step up or jump up from burpee</li> <li>• Two foot take off on jump</li> <li>• Both feet land on top of box</li> <li>• Jump or step down on other side of box</li> <li>• <a href="#">The Burpee Box Jump Over - Bing video</a></li> </ul>	<ul style="list-style-type: none"> <li>• Chest and or thighs don't touch ground in burpee</li> <li>• Hands placed on body/thighs standing up from burpee</li> <li>• Staggered take off in jump</li> <li>• Both feet <b>DO NOT</b> touch top of box</li> <li>• Does not step/jump down on opposite side of box</li> <li>• Hands touch box during movement</li> </ul>

## WOD 4:

### Movement

### Standard-Good Rep

### No Rep

<p>Wall Balls</p> 	<ul style="list-style-type: none"><li>• Hip crease below knees in squat</li><li>• Ball hits given target</li><li>• <a href="#">The Wall-Ball Shot - Bing video</a></li></ul>	<ul style="list-style-type: none"><li>• Hips stay above knees</li><li>• Ball misses target</li><li>• Stands then throws as 2 separate movements</li></ul>
<p>Double Unders</p> 	<ul style="list-style-type: none"><li>• Rope passes under feet 2x with every jump</li><li>• <a href="#">The Double-under - Bing video</a></li></ul>	<ul style="list-style-type: none"><li>• Rope does not pass under feet</li><li>• Rope passes only 1x under feet with a jump</li></ul>
<p>Static Hold Deadlift</p> 	<ul style="list-style-type: none"><li>• Hands outside of feet</li><li>• Full Knee and hip extension at top</li><li>• Shoulders behind bar at top of movement</li><li>• <a href="#">(58) The Deadlift - YouTube</a></li></ul>	<ul style="list-style-type: none"><li>• Hands inside of feet/sumo</li><li>• No full extension of knees or hips at top of movement</li><li>• Shoulders in front of bar at top of movement</li><li>• Loss of extension during static hold</li><li>• Bar touches ground</li></ul>