

Summer Showdown 2022

MOVEMENT STANDARDS









OFFICIAL

FITNESS

WOD 1: HEAVEN

Movement

Standard-Good Rep

<p><u>Syncro Chest to Bar Pull-Ups</u></p> 	<ul style="list-style-type: none">• Together, start with arms in full extension• Both athletes chests contact the bar at the same time
<p><u>Syncro Pull-Ups</u></p> 	<ul style="list-style-type: none">• Together, start with arms in full extension• Both athletes chins travel above the bar at the same time
<p><u>Syncro Knee Ups</u></p> 	<ul style="list-style-type: none">• Together, start with arms in full extension• Both athletes raise knees above hip crease, at the same time• At the start, both athletes feet must travel behind the post
<p><u>Syncro Toes to Bar</u></p> 	<ul style="list-style-type: none">• Together, start with arms in full extension• At the start, both athletes feet must travel behind the post• Both athletes' feet must contact the bar, between the hands, at the same time
<p><u>Single Arm Dumbbell Snatch</u></p> 	<ul style="list-style-type: none">• DB must touch the floor between reps• DB brought overhead in single motion• Full leg and arm extension at top of movement
<p><u>Sandbag front rack hold</u></p> 	<ul style="list-style-type: none">• Athlete must be free standing• Bag held only across the chest. Between the bottom of the rib cage and chin.• Only Arms can be used to brace /support bag

WOD 2: HELL

Movement

Standard-Good Rep

Syncro Plate Thrusters



- At bottom of movement, hips travel below the top of knees, all athletes at the same time.
- Thruster is completed in a single motion
- Finish with plate overhead in full extension of arms, hips, and knees

Burden Run



- Plate must be carried by athlete when running

Syncro Plate to Overhead







- Plate must touch floor every rep
- Movement completed with plate overhead in full extension of arms, hips, and knees by all athletes at the same time

WOD 3: Maximum Effort

Movement






Standard-Good Rep

<p style="text-align: center;"><u>Barbell Deadlift</u></p> 	<ul style="list-style-type: none">• Bar starts on floor and both sides must touch the floor between reps• Finish in full knee and hip extension with shoulders behind bar
<p style="text-align: center;"><u>Barbell Front Squat</u></p> 	<ul style="list-style-type: none">• Start with bar on floor• Hips must be below knees at bottom of movement• Finish with full extension of legs and hips• Elbows in front of bar
<p style="text-align: center;"><u>Shoulder to Overhead</u></p>  <p>CrossFit</p>	<ul style="list-style-type: none">• Start with bar on floor• Bar must touch shoulders between reps• Finish rep with full extension of legs, hips and arms
<p style="text-align: center;"><u>Ground to Overhead</u></p> 	<ul style="list-style-type: none">• Bar starts on floor• Both sides of bar must touch the ground between reps• Finish rep with full extension of arms, hips and legs

WOD 4: Queen's Gambit

Movement

Standard-Good Rep

<p><u>Burpee Box Jump Overs</u></p> 	<ul style="list-style-type: none">• <i>Burpee</i>: chest and hips contact ground• <i>Jump-over</i>: Both feet must take off at same time and land on top of the box.
<p><u>Burpee Box Step Overs</u></p> 	<ul style="list-style-type: none">• <i>Burpee</i>: chest and hips contact ground• <i>Step-over</i>: Both feet must be on the top of box at same time
<p><u>Double Under</u></p> 	<ul style="list-style-type: none">• Rope must pass under the feet 2x with every jump
<p><u>Single under</u></p> 	<ul style="list-style-type: none">• Rope must pass under feet 1x with every jump
<p><u>Chess piece</u></p> 	<ul style="list-style-type: none">• Athletes move piece to marked spots

