

SUMMER SHOWDOWN 2023

THE MOVEMENT STANDARDS



OFFICIAL
FITNESS

WOD 1: DOME RUN

Movement

Standard

Rx: Handstand Walk



- Kick up with both hands behind the line.
- Both hands must fully cross the line before the feet touch the ground for the rep to count.

Scaled: Bear Crawl



- Start with both hands and feet in full contact with the floor behind the line.
- Both hands and feet must completely cross the line for a rep to count

Rx/Scaled: Run



- Start with both feet behind the line
- Both feet must completely cross the line for a rep to count.

WOD 2: SANDY SHUTTLE

Movement

Standard

Rx/Scaled: Single Arm DB Snatch



- Both heads of DB must touch the floor between reps
- DB brought overhead in a single motion
- Full leg and arm extension at top of movement

Rx/Scaled: Single Arm DB Thruster



- Start with a squat clean into a thruster.
- At bottom of movement, hips travel below the top of knees.
- Finish in a single motion with DB overhead in full extension of arms, hips, and knees

Rx/Scaled: Sandbag Shuttle Run








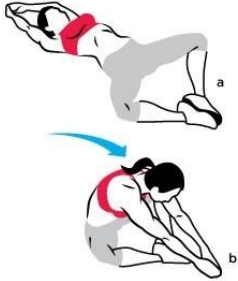

- Sandbag must be carried by athlete when running.

WOD 3: SYNCHRO SOLO

Movement

Standard



<p>Rx: Pull-Ups</p> 	<ul style="list-style-type: none">• Start with arms in full extension.• Athletes chin must travel above the bar at the top
<p>Rx: Toes to Bar</p> 	<ul style="list-style-type: none">• Start with arms in full extension.• Feet must travel behind the post at the bottom.• Both feet must contact the bar, between the hands, at the same time
<p>Rx: Pistols</p>  <p>CrossFit</p>	<ul style="list-style-type: none">• Full extension of the knees and hips at the start and finish• Hip crease must travel below the knee• Non-working leg cannot touch the ground during the rep
<p>Rx/Scaled: Burpee over bar.</p> 	<ul style="list-style-type: none">• Chest and hips contact ground at same time.• No part of the body can touch the bar on jump over• Both feet must take off and land at the same time

<p>Scaled: Ring Rows</p> 	<ul style="list-style-type: none"> • Start with heels on marked area and arms, knees and hips fully extended. • Rep counts when rings or thumb touches the chest with legs/hips in extension.
<p>Scaled: Butterfly Sit-Ups</p> 	<ul style="list-style-type: none"> • Start with feet together with shoulders on ground and hands above head. • Rep counts when hands touch floor in front of feet.
<p>Scaled: Air Squats</p> 	<ul style="list-style-type: none"> • Start/finish in full ankle, knee, and hip extension. • At bottom, hip crease is below the knees.

WOD 4: COEFFICIENT CLEAN

Movement

Standard

<p>Rx/Scaled: Clean</p> 	<ul style="list-style-type: none">• Pull the bar into front rack position with elbows in front of bar.• Rep counts when full extension of ankles, knees and hips is reached at the top.
<p>Rx/Scaled: Hang Clean</p> 	<ul style="list-style-type: none">• Rep must start above the ground.• Rep counts when full extension of ankles, knees and hips is reached at the top, with elbows in front of bar.