

WOD 4

Windsor Warrior 2020

DB Snatch (50/40/35)

Burpee Over Bar

21 / 15 / 9 / 9 / 15 / 21

Time Cap: 12 Min

One athlete will complete the 21/15/9 complex alone. Their partner will complete the 9/15/21 complex alone.

MOVEMENT STANDARDS WOD 4

DB SNATCH



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, ONE head of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion.

Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.

MOVEMENT STANDARDS WOD 4

DB SNATCH: Cont..



At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete can transition the dumbbell on the descent of each repetition or on the ground, overhead transitions are **NOT** allowed. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

MOVEMENT STANDARDS WOD 4

BURPEE OVER BARBELL



Each burpee must be performed next to the barbell. The athlete's body can either be parallel or perpendicular to the barbell. The athlete's head cannot be over the barbell. The athlete can jump or step back into the burpee. The chest and thighs must touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. Standard-sized bumper plates will be used for all divisions. The rep will be counted when the athlete lands on the opposite side of the barbell..

MOVEMENT STANDARDS WOD 4

BURPEE OVER BARBELL



The next rep will begin on the opposite side of the barbell.