

# SWISS TEAM CHALLENGE 2016

## REGULARS EVENT 3 WOD 8

### WOD 8, TIME CAP 30MIN:

100 Wall Balls 14/10lbs  
50 Double Unders

20/25/30 reps of:  
Hanging Knee raises  
Powerclean 40/25kg

50 Jumping Pull-up  
50 Back Squat 40/25kg

20/25/30 reps of:  
Knees to arms  
Kettlebell Snatch 16/12kg

50 Jumping CTB Pull-ups  
50 Front Squat 40/25kg

Remaining time, amrap:  
10 Deadlift 90/55kg  
10 Wall Climbs  
10 Jumping Bar Muscle Up

#### WOD 8 Notes:

\*1 Male and 1 female bar, 1 Kettlebell each weight and a maximum of 1 station for Wall Balls, all hanging exercises (= 1 Pull-up bar) and the Wall Climb per Team

\* Athletes start in standing position without touching any equipment

\* no minimum work requirement per athlete

\* only one Athlete is working at a time

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## SCORE OF WOD 8: MAX REPS

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### STANDARDS

#### Squat Snatch:

##### Wall Balls:

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

#### Double Unders:

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

#### Hanging Knee Raise :

the arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body. At the top of the repetition the athlete must raise their knees above the height of their hips.

#### Power Clean:

In the Powerclean the barbell goes from ground to shoulders in one motion. A deadlift and hang power clean is not allowed. A Squat clean is not allowed. At the top the hips and the knees are fully extended, the bar rests on the shoulders with the elbows clearly in front of the bar.

#### Jumping Pull Ups:

These are standard chin over bar jumping pull-ups. Full extension of the arms must be reached at the bottom. At the top, the chin must pass the horizontal plane of the bar. Any grip on the bar is allowed as long as these standards are met. When standing with body and arms fully extended, your forearm must touch the bar somewhere between wrist and middle of your forearm.

#### Back Squat:

The barbell must rest on the back. At the bottom, the hip crease must be below parallel. At the top, the knees and hips are fully extended. The 5RM counts when performed unbroken. However, athletes can rest the barbell on their back in between reps for as long as they want.

#### Knees to arms:

The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body. At the top of the repetition the athlete's knees must touch their arms.

#### Kettlebell Snatch:

The Kettlebell begins behind the legs and must be lifted overhead in one smooth motion. This is not a ground-to-overhead any way. A clean and jerk, where the kettlebell is lifted to the shoulders and then lifted overhead is a no rep. The kettlebell must come to full lockout overhead with the hips, knees and arms fully extended.

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### Jumping Chest to bar Pull Ups:

These are standard chest to bar jumping pull-ups. Full extension of the arms must be reached at the bottom. At the top, the chest must clearly come into contact with the bar below the collarbone. Any grip on the bar is allowed as long as these standards are met. When standing with body and arms fully extended, your forearm must touch the bar somewhere between wrist and middle of your forearm.

### Front Squat:

The barbell must rest on the front rack. At the bottom, the hip crease must be below parallel. At the top, the knees and hips are fully extended.

### Deadlift:

Hands outside the knees. Sumo DL is not allowed. Starting at the floor, the bar is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. Excessive bouncing to the extent of bent arms in the bottom position is not permitted. Dropping the bar is allowed.

### Wall climbs:

The athlete must start in the push up position and the repetition ends with nose touching the wall. In both positions the athlete has knees and hips extended, feet within shoulder width.

### Jumping Bar Muscle Up:

For the jumping bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. When standing with body and arms fully extended, your forearm must touch the bar somewhere between wrist and middle of your forearm.

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