

CrossFit
BASEMENT

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HELSINKI
SHOWDOWN
EXPO 2015

WOD 1

8min AMRAP
20 CALORIE ROW
40 DOUBLE-UNDERS
20 SNATCHES 40kg/30kg

In the Helsinki Showdown qualifying workout 1 the athletes will perform an 8 min AMRAP where the athlete must complete a 20 calorie row, 40 DUs and 20 snatches to complete one round. They will try to do as many rounds and reps as possible of the given movements in the 8 min time period.

This workout begins with the athlete sitting down on the rower, not touching the handle. On the count of 3,2,1 GO, the athlete will pull the handle and commence the workout. After the athlete has completed 20 cal on the rower they will get off the rower and perform 40 double unders. To finish the round, the athlete will perform 20 snatches. After the last snatch is completed the athlete will move back to rower and start their next round.

The score for this workout will be the total amount of reps performed within the time period.

EQUIPMENT

- Barbell loaded to 40/30kg
- Jumping rope
- Concept 2 Rower

TIEBREAK

The time of the last full round completed will work as a tiebreaker in case athletes get the same score.

MOVEMENT STANDARDS

Row

The athlete must stay on the rower and hold the handle until the monitor says 20cal. The monitor must be reset after every round, this can be done by the judge.

Double Under

When performing the double unders, the rope must pass twice under the feet of the athlete in one jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Snatch

The barbell begins on the ground and must be lifted overhead in one smooth motion. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

The athlete can either perform a full snatch, power snatch or a split snatch. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead **is a no rep**. Touch-and-go is permitted. No bouncing.

GOOD LUCK!

