



WOD | INDIVIDUAL

NOAH

WOD I

TIME CAP 13 MIN AMRAP

30 CALORIES AT THE ROWER

11 POWER SNATCH UNBROKEN

Score: NUMBER OF CALORIES

WEIGHT AND VARIATIONS

	CALORIES	POWER SNATCH
ELITE	30	11 UNBROKEN
MASTER 35	30	11 UNBROKEN
JUNIOR	30	11 UNBROKEN
SCALED	30	11 UNBROKEN
TEEN	30	11 UNBROKEN
MASTER 40	30	11 UNBROKEN
MASTER 45	30	11 UNBROKEN
MASTER 50	30	11 UNBROKEN
EXPERIENCE	30	11 <u>NOT</u> UNBROKEN



WEIGHT AND VARIATIONS

	POWER SNATCH
ELITE	30/25 KG
MASTER 35	30/25 KG
JUNIOR	30/25 KG
SCALED	30/25 KG
TEEN	30/25 KG
MASTER 40	30/25 KG
MASTER 45	30/25 KG
MASTER 50	30/25 KG
EXPERIENCE	30/25 KG



FLOW

- The athlete waits on the rower with hands off the handle. At 3,2,1 go will start rowing for the prescribed 30 calories. Once reached the 30 calories the athlete will get off the rower to start with the 11 power snatches unbroken.
- Once completed the unbroken power snatches the athlete will get back on the rower.

Scoring:

- A) The number of calories performed
- B) In case of same calories, if the athletes are still performing power snatches before the time cap, we will consider the number of power snatches performed until the end of the WOD

STANDARDS



ROWER

It is strictly prohibited for the athlete to touch the rower screen. He/She may only adjust the foot rest and the damper. The athlete will only have to accumulate calories, getting off the rower once reached the 30 calories.



POWER SNATCH

The barbell starts from the ground and in one fluid motion must reach a top position where we must find feet in line, knees in lock out, hips open, elbows in lock out and the barbell in midline on the body.

We required a unbroken set of 11 repetitions of power snatches. If you rest on the ground or you drop the barbell during the 11 repetitions you must repeat the entire set of 11 reps.

It's not allowed to drop the barbell at the end of the set.

