



WOD | TEAM

MIRACULOUS SALVATION

WOD I

TIME CAP 7 MIN

50 RING MUSCLE UP

2K + 2K ROWER

RUNNING TO THE FINISH MAT

SCORE 1 = TIME TO PERFORM 50 RING
MUSCLE UP

SCORE 2 = TIME TO COMPLETE THE
ENTIRE WOD

WEIGHT AND VARIATIONS

	RING MUSCLE UP	ROWER
TEAM ELITE	√	2000 M + 2000 M
TEAM MASTER 110 +	√ (30)	2000 M + 2000 M
TEAM SCALED	√ (30)	2000 M + 2000 M
TEAM EXPERIENCE	PULL UP 30	2000 M + 2000 M

FALL SERIES RULE

For the scaled category: in case that all the 3 members of the team might not have the «ring muscle up» skill, they can choose to perform the wod with the «bar muscle up» skill. In this case their score will be lower than the one of the team that has performed even only one ring muscle u



FLOW

- Athletes are waiting on the platform; At 3,2,1 go two of the teammates go to the rower, while the other one will take the rings.
- They can change exercise as they like, without sticking to a specific rotation. No minimum working per athlete is required.
- At the end of the 50 ring muscle ups, as soon as the athlete reaches the other two at the rowers, the time will be taken for the first score.
- At the end of both the 50 ring muscle ups and 4k rower total, the athletes will run to the platform where the second score will be taken.

Note: The alternation on the exercises is free and at the athletes own discretion. No minimum working per athlete is required



STANDARDS



RING MUSCLE UP

Begin hanging from the rings, with arms fully extended and feet off the ground. No part of the foot may rise above the rings during the kip. The athlete must pass through some portion of a dip before reaching lockout. The rep is credited when the elbows are fully locked out in the support position with shoulders above or in front of the rings. Reaching lockout while in midair is a no rep.

