



**WOD 3 TEAM**

**DIVINE GLORY**

# WOD 3

TIME CAP: 10 MIN FOR TIME

EVERY MOVEMENT MUST BE COMPLETED BY EACH TEAMMATE

50 DOUBLE UNDER  
15 CLEAN AND JERK UNBROKEN

40 DOUBLE UNDER  
12 CLEAN AND JERK UNBROKEN

30 DOUBLE UNDER  
9 CLEAN AND JERK UNBROKEN

Score is: TIME



# WEIGHT AND VARIATIONS

	DOUBLE UNDER	CLEAN AND JERK
TEAM ELITE	√	60/40 kg
TEAM MASTER 110+	√	50/35 kg
TEAM SCALED	√	50/35 kg
TEAM EXPERIENCE	SINGLE UNDER 70/60/50	40/30 KG NOT UNBROKEN



# FLOW

- The athletes wait under the rig. 3,2,1 go the first teammate, doesn't matter which, performs in the first section 50 double unders. He will then give the high five to another teammate whom will perform 50 double unders too. Then the third teammate will follow performing the double unders.
- At this point one of the athlete, doesn't matter who, will perform the unbroken clean and jerk on the lifting platform. Once finished he will run to the rig to give the high five to one of his teammate which will perform his 15 clean and jerk. When also the second teammate finishes his 15 reps, he will run to the rig to change with the third teammate which will perform his/her 15 clean and jerk too.
- Finished the first round, the last athlete will move the chess piece by one section and the second round will begin.
- Also in this case the three athletes will have to finish first the 40 double unders each and then carry on with the 12 unbroken clean and jerk. They will then move the chess piece in third section and will begin the third round.
- When the entire team complete the third round of double unders, the first teammate will perform his/her 9 unbroken clean and jerk. He will run to the rig to change with one of the teammates which will perform the 9 clean and jerk. After that he will swap with the last teammate which will perform the last 9 rep. Once finished the last rep he will be reached by the entire team.



# STANDARDS



## **DOUBLE UNDER**

The rope must pass twice under the athlete's feet per jump.

## **SINGLE UNDER**

The rope must pass once under the athlete's feet per jump.

## **CLEAN AND JERK**

The barbell starts from the ground, bouncing not allowed. The barbell must make contact with the shoulders (The movement indeed is first clean and then jerk). Therefore a snatch is not allowed. When the barbell touches the shoulders it may be taken overhead using a shoulder press, push press, push jerk or split jerk. In top position the athlete will have to be with feet in line, knees locked, hips open, elbows locked and barbell in midline with the body. In case of failure of the jerk with the barbell coming back in front rack position, the movement can be repeated.

The reps must be performed unbroken, therefore in case of a barbell resting on the ground or drop during the required set, the entire number of reps of the set must be performed from the beginning.





