



WOD 5 INDIVIDUAL

THE DEVIL SENDS THE BEAST

WOD 5

TIME CAP: 12 MIN AMRAP

2 RING MUSCLE UP - 2 STONE GROUND TO SHOULDER - 6 BURPEE STEP OVER

3 RING MUSCLE UP - 3 STONE GROUND TO SHOULDER - 6 BURPEE STEP OVER

4 RING MUSCLE UP - 4 STONE GROUND TO SHOULDER - 6 BURPEE STEP OVER

5 RING MUSCLE UP - 5 STONE GROUND TO SHOULDER - 6 BURPEE STEP OVER

6 RING MUSCLE UP – 6 STONE GROUND TO SHOULDER – 6 BURPEE STEP OVER

...AND SO ON



WEIGHT AND VARIATIONS

	RING MUSCLE UP	BURPEE OVER THE BOX	SANDBAG KG
ELITE	√	27,5 / 22,5	70/50
MASTER 35	√	27,5 / 22,5	70/50
JUNIOR	√	27,5 / 17,5	70/30
SCALED	√ FALL SERIES RULE	22,5/17,5	50/30
TEEN	MAN: RING MUSCLE UP WOMAN: BAR MUSCLE UP FALL SERIES RULE	22,5/17,5	50/30
MASTER 40	√	22,5/17,5	70/50
MASTER 45	√	22,5/17,5	50/30
MASTER 50	√ FALL SERIES RULE	17,5/15	50/30
EXPERIENCE	CHEST TO BAR	17,5/15	50/30



FALL SERIES RULE

- The categories that in the «weight and variations» sections find the «fall series rule» voice, will be able to use the provided scaling of the movement.
- In this case they're going to perform the WOD with the deskilled movement and their score will queue them after the athlete that has performed even only one rep of the original movement.

FALL SERIES RULE:

SCALED MAN AND WOMAN DIVISION: RING MUSCLE UP INTO BAR MUSCLE UP

TEEN MAN: RING MUSCLE UP INTO BAR MUSCLE UP

TEEN WOMAN: BAR MUSCLE UP INTO CHEST TO BAR

MASTER MAN 50 DIVISION: RING MUSCLE UP INTO BAR MUSCLE UP

MASTER WOMAN 50 DIVISION: RING MUSCLE UP INTO CHEST TO BAR



FLOW

- The athlete waits hand on the rig, backwards compared to the public. 3,2,1 go the athlete performs ring muscle ups, then carry on with the stone ground to shoulder and then move to the box to perform the burpees step box over using the two dumbbells provided.
- He will then move the chess piece forward by one section
- Upon return to the rig he will start the next round which requires the increment by one unit for the ring and stone. He will perform then 3 ring muscle up, 3 ground to shoulder, 6 burpee step over. Once completed the round, he will move the chess piece again by one section.



STANDARDS



RING MUSCLE UP

The athlete starts in dead hanging position with extended arms and feet off the ground. During the kipping phase the feet can't pass the rings. The athlete, passing through a portion of a dip, will have to be suspended in top position with fully extended arms and shoulders over or in front of the rings. Reaching lockout while leaving the top position is considered a norep.

This movement could be scaled, for the specific categories pointed out in the weight and variations sheet, using the Fall Series rule. In this case the athlete will have a score lower than whom have performed even only one ring muscle up





BAR MUSCLE UP

The athlete starts in dead hanging position with extended arms and feet off the ground. In top position he will need to have elbows locked and shoulders over or in front of the vertical axis of the bar. The athlete will have to reach the top position passing through a portion of a dip. During the kipping phase the feet can't pass above the bar. The athlete may not leave his grip on the bar or move them (regrip).

CHEST TO BAR

The athlete starts in dead hang position. In top position the chest must be clearly touching the bar.



SANDBAG GROUND TO SHOULDER

The sandbag starts on the ground. The athlete will have to lift it. In top position the athlete will need to have knees locked, hips open and sandbag on the shoulder. The athlete may drop the sandbag only in front of him, not on the back.



BURPEES STEP BOX OVER

Once taken the dumbbells the athlete will have to perform the burpee, having chest and thighs on the ground (He may also have chest in contact with the dumbbells). While descending or standing up in the burpee he may also step, but without losing his grip on the dumbbells until the end of the rep.

Once performed the burpee the athlete will have to get on the box and get off on the opposite side.

It is not required hip extension while on the box.

The athlete will need to have both feet on the box and no other parts of the body apart from the feet may touch the box.

