



**WOD 6 TEAM**

**THE FOUR CORNERS  
OF  
THE EARTH**

# WOD 6

TIME CAP: 20 MIN FOR TIME

100 WALL BALL SHOTS

100 CHEST TO BAR SYNCHRO (2 TEAMMATES)

100 BOX JUMP OVER SYNCHRO (2 TEAMMATES)

100 DUMMBELLS SHOULDER TO OVERHEAD

RUN TO THE FINISH MAT

Score is: TIME

# WEIGHT AND VARIATIONS

	WALL BALL	CHEST TO BAR	BOX JUMP OVER	DUMBBELL SHOULDER (2)
TEAM ELITE	12/9	√	60/50	27,5/17,5 kg
TEAM MASTER 110+	12/9	√	60/50	22,5/15 kg
TEAM SCALED	12/9	√	60/50	22,5/15 kg
TEAM EXPERIENCE	9/6	PULL UP	60/50	HANG CLEAN: 22,5 / 15 kg



# FLOW

- One athlete waits under the rig, the other two are on the lifting platform. 3,2,1 go starts the WOD and the team will have to score 100 rep of wall ball shots. The change between teammates will be on the lifting platform with a high five. Once finished the wall ball, two athletes will move to the rig to perform 100 synchro chest to bar. The change between teammates will be on the lifting platform with a high five.
- After the chest to bar two athletes, doesn't matter who, move to the section where the box is to perform the 100 box jump over. The change between teammates will be on the lifting platform with a high five. Once completed the first 33 reps the box shall be moved forward by one section. Here they will perform other 33 reps and then move the box again where they're going to complete 34 more reps.
- The athletes will then face the last step. One athlete working on the lifting platform with the dumbbell shoulder to overhead, while the other two wait under the rig. The changes, also in this case, are free but will need to be carried out under the rig using a high five. The athletes will continue in this fashion until the required reps are reached. When the athlete performing the STOH will have completed the last rep, he will be reached by the other two on the lifting platform for the finishing time.



# STANDARDS



# WALL BALL

The athlete, passing through a full squat position, will have to shoot the ball on the target. It is not allowed to hit the borders of the target. In case the ball hits the ground it must be completely set before picking it up again.





# CHEST TO BAR

The athlete start in dead hanging position from the bar with feet off the ground and straight arms. In top position the athlete will have to clearly make contact on the bar with his chest.

## SYNCHRO POSITION:

both athletes touch the bar with the chest at the same time.

# BOX JUMP OVER

The athlete will have to travel on the box with both feet. It is required to have both feet at a certain point on the box before leaving it. The athlete may choose to jump entirely the box from one side to the other. He may jump or step on it, both on his way up and down on the opposite side. During the rep, the hands may never touch the body nor the box. Since this is a «over» movement, it is not required the full extension while on top of the box.

## SYNCHRO POSITION:

both the athletes must be on the same side of the box to begin with the next repetition.

# SHOULDER TO OVERHEAD

The rep begins with the dumbbells on the shoulders. Using a press, push press, push jerk, split jerk the athlete needs to be in top position with feet in line, knees locked, hips open, elbows locked and dumbbells in midline over the body with respect to the front and lateral plane.



# HANG CLEAN

After the dumbbells are lifted off the floor, the athlete must pause with the dumbbells at the hang position, either at his or her side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbells come up and makes contact with the shoulders. At the top feet in line, hips and knees must be fully locked out with the dumbbells on the shoulders and elbows in front of the dumbbells.

