



**WOD 2 INDIVIDUAL
NICK THE CRUSADER**

1. WORKOUT

FOR TIME:

Time cap 3'

7 Sb Squat Clean

7 Sb Ground to Shoulder

28 m Sb Bear Hug Carry (7+7+7+7)



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2. VARIATIONS AND WEIGHTS

CATEGORY	SANDBAG
ELITE MASTER 35	70/50kg
MASTER 40 MASTER 45 INTERMEDIATE UNDER 21	50/30kg
MASTER 50 EXPERIENCE	<u>NO SQUAT CLEAN</u> <u>2x7 Ground to Shoulder</u> 50/30kg



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3. STANDARDS

3.1 SANDBAG SQUAT CLEAN

THE REPETITION BEGINS WITH THE SANDBAG ON THE GROUND AND ENDS WHEN THE ATHLETE REACHES THE TOP POSITION WITH FEET IN LINE, KNEES LOCKED, HIPS OPEN AND SANDBAG ON THE SHOULDER.

IT IS ALLOWED TO PERFORM A SANDBAG GROUND TO SHOULDER AND THEN PERFORM A SANDBAG SQUAT.

IN BOTTOM POSITION THE ATHLETE MUST HAVE THE ILIAC CREST BELOW THE HIGHEST POINT OF THE KNEE.

CHANGES OF DIRECTION ARE NOT ALLOWED.

IT IS NOT ALLOWED TO DROP THE SANDBAG BEHIND YOUR BACK.

TOUCH-AND-GO IS ALLOWED.

IT IS NOT MANDATORY TO ALTERNATE THE SUPPORT SHOULDER.



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3.2 SANDBAG GROUND TO SHOULDER

THE REPETITION BEGINS WITH THE SANDBAG ON THE GROUND AND ENDS WHEN THE ATHLETE REACHES THE TOP POSITION WITH FEET IN LINE, KNEES LOCKED, HIPS OPEN AND SANDBAG ON THE SHOULDER.

IT IS ALLOWED TO CARRY THE SANDBAG ON THE KNEES/THIGHS AND THEN CARRY IT ON THE SHOULDER.

IT IS NOT ALLOWED TO DROP THE SANDBAG BEHIND YOUR BACK.

TOUCH-AND-GO IS ALLOWED.

IT IS NOT MANDATORY TO ALTERNATE THE SUPPORT SHOULDER.

3.3 SANDBAG BEAR HUG CARRY

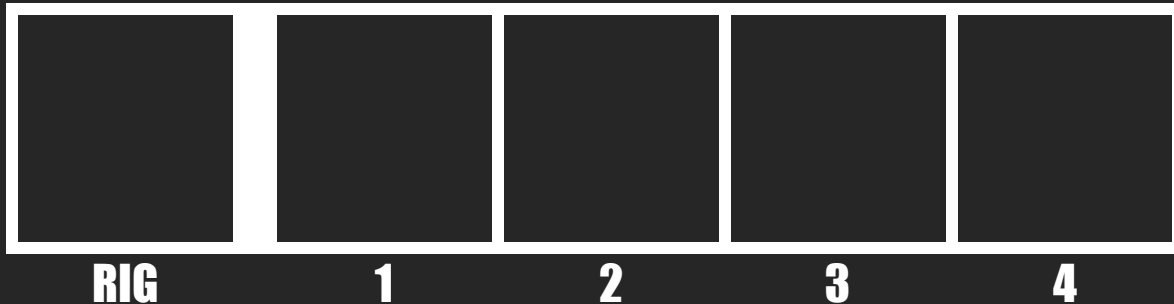
THE SANDBAG MUST BE CARRIED IN THE BEAR HUG POSITION (ARMS AROUND THE SANDBAG, RESTING ON THE CHEST / BELLY). IT SHOULD NOT BE PLACED ON THE LEGS. IF THE SANDBAG GOES DOWN BELOW THE HIP, THE ATHLETE STOPS AND REPOSITIONS IT CORRECTLY.

IF THE ATHLETE DROPS THE SANDBAG, IT STARTS AGAIN AT THE POINT WHERE THE SANDBAG HAS TOUCHED THE GROUND.



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4. FLOW



THE ATHLETE STARTS BENEATH THE RIG.

AT 3... 2... 1... GO! THE ATHLETE MOVES TO SECTION 1 AND COMPLETE 4 CLEAN SQUAT SANDBAGS.

MOVE THE SANDBAG TO SECTION 2 AND COMPLETE 3 CLEAN SQUAT SANDBAGS.

THE ATHLETE TURNS TO THE RIG AND COMPLETE 4 SANDBAG GROUND TO SHOULDER.

HE MOVES BACK TO SECTION 1 AND COMPLETE 3 SANDBAG GROUND TO SHOULDER.

AFTER THE GROUND TO SHOULDER THE ATHLETE MOVES TO THE BEGINNING OF SECTION 1 AND TRAVELS 4 TIMES THE LENGTH OF THE LANE WITH THE SANDBAG POSITIONED IN BEAR HUG.

AFTER THE 4 LENGTHS, HE WILL RUN IN SECTION 4 WHERE THE TIME WILL BE TAKEN.

THE WOD ENDS WHEN THE ATHLETE REACHES SECTION 4.