



WOD 4 INDIVIDUAL CRONO

1. WORKOUT

Time cap 6'

Build your 1RM of the following complex:

1 Squat Snatch +

3 Hang Squat Snatch +

6 Overhead Squat



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2. VARIATIONS AND WEIGHTS

NO VARIATIONS

3. STANDARDS

3.1 SQUAT SNATCH

THE MOVEMENT BEGINS WITH THE BARBELL ON THE GROUND AND ENDS WHEN THE ATHLETE REACHES THE COMPLETE EXTENSION OF KNEES, HIPS AND ELBOWS WITH THE BARBELL IN OVERHEAD POSITION (IN MIDLINE ABOVE THE BODY) AND FEET IN LINE.

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

THE BARBELL MUST BE BROUGHT TO THE TOP POSITION IN A SINGLE FLUID MOVEMENT. THERE MUST BE NO CHANGE OF DIRECTION.

3.2 HANG SQUAT SNATCH

THE MOVEMENT BEGINS WITH THE BARBELL IN HANG POSITION (BETWEEN THE PELVIS AND KNEES) AND ENDS WHEN THE ATHLETE REACHES THE COMPLETE EXTENSION OF KNEES, HIPS AND ELBOWS WITH THE BARBELL IN OVERHEAD POSITION (IN MIDLINE ABOVE THE BODY) AND FEET IN LINE.



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

THE BARBELL MUST BE BROUGHT TO THE TOP POSITION IN A SINGLE FLUID MOVEMENT. THERE MUST BE NO CHANGE OF DIRECTION.

3.3 OVERHEAD SQUAT

THE MOVEMENT BEGINS AND ENDS WITH THE ATHLETE IN FULL EXTENSION OF KNEES, HIPS AND ELBOWS WITH THE BARBELL IN OVERHEAD POSITION (IN MIDLINE ABOVE THE BODY) AND THE FEET IN LINE.

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

3.4 COMPLEX

ALL REQUIRED REPETITIONS MUST BE COMPLETED WITHOUT THE ATHLETE PLACING THE BARBELL ON THE GROUND.

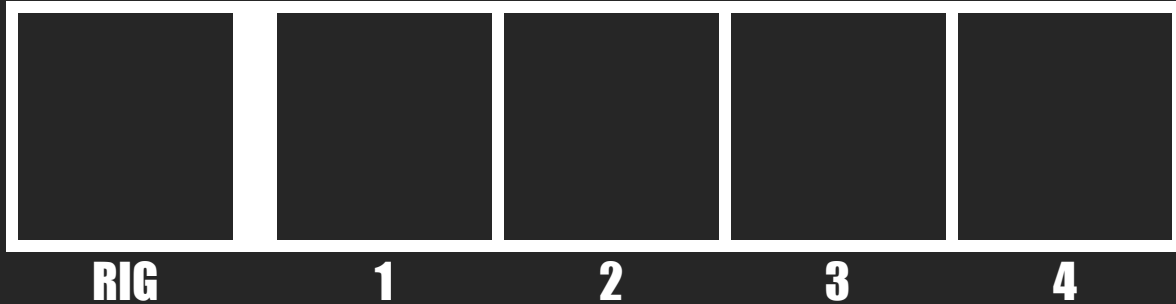
IF THE ATHLETE WERE TO PLACE THE BARBELL ON THE GROUND, HE WILL HAVE TO START THE COMPLEX AGAIN FROM THE BEGINNING.

IF THE ATHLETE IS ASSIGNED A NO REP ON A MOVEMENT, HE CAN REPEAT THE MOVEMENT WITHOUT EVER RESTING THE BARBELL ON THE GROUND OR ON THE SHOULDERS.



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4. FLOW



THE WOD TAKES PLACE IN SECTION 4, PUBLIC FRONT.

AT 3... 2... 1... GO! THE ATHLETE WILL HAVE A WINDOW OF 6' TO FIND THE MAXIMUM OF THE COMPLEX.