



WOD 6 INDIVIDUAL LEVANTE

1. WORKOUT

For Time:

Time cap 14'

9 Clean & Jerk @90/65 kg

15 Back Squat @90/65 kg

21 Box Jump Over @60/50 cm

15 HSPU Any Style

9 Burpee Ring MU

1' Rest and come back



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2. VARIATIONS AND WEIGHTS

CATEGORY	1st MOVEMENT	2nd MOVEMENT	3rd MOVEMENT	4th MOVEMENT	5th MOVEMENT
ELITE MASTER 35	90/65 kg	90/65 kg	Box Jump Over 60/50 cm	HSPU Any Style	Burpee Ring MU MEN/WOMEN
MASTER 40 INTERMEDIATE	80/55 kg	80/55 kg			MEN: Burpee Ring MU / WOMEN: Burpee Bar MU
MASTER 45 UNDER 21	70/50 kg	70/50 kg			Burpee Toes to Ring MEN/WOMEN
MASTER 50 EXPERIENCE	60/40 kg	60/40 kg	Step up is allowed		



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3. STANDARDS

3.1 CLEAN & JERK:

THE MOVEMENT BEGINS WITH THE BARBELL ON THE GROUND AND ENDS WHEN THE ATHLETE REACHES THE TOP POSITION WITH FEET IN LINE, KNEES BLOCKED, HIPS OPEN, ELBOWS BLOCKED AND BARBELL IN MIDLINE WITH THE BODY.

THE LIFT MUST HAVE TWO DISTINCT PHASES: THE CLEAN AND THE JERK. THE BARBELL MUST CLEARLY COME INTO CONTACT WITH THE SHOULDERS.

TOUCH-AND-GO IS ALLOWED.

BOUNCING IS NOT ALLOWED.

POWER CLEAN, SQUAT CLEAN, MUSCLE CLEAN ARE ALLOWED

STRICT PRESS, PUSH PRESS, PUSH JERK E SPLIT JERK ARE ALLOWED.

3.2 BACK SQUAT

THE MOVEMENT BEGINS AND ENDS WITH THE ATHLETE IN TOP POSITION WITH BARBELL IN BACK RACK POSITION, FEET IN LINE, KNEES LOCKED AND HIPS OPEN.

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

THERE MUST BE NO CHANGE OF DIRECTION.



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3.3 BOX JUMP OVER

THE MOVEMENT BEGINS WITH THE ATHLETE ON ONE SIDE OF THE BOX AND ENDS WHEN THE ATHLETE TOUCHES THE GROUND WITH BOTH FEET ON THE OPPOSITE SIDE.

A TWO-FOOT TAKEOFF IS REQUIRED. THE STEP UP IS NOT ALLOWED. THE FEET MUST DETACH FROM THE GROUND AT THE SAME TIME. (EXCEPT FOR MASTER 50 AND EXPERIENCE)

THE HANDS SHOULD NOT COME INTO CONTACT WITH THE BODY DURING MOVEMENT.

ONLY THE ATHLETE'S FEET CAN TOUCH THE BOX.

THE STEP DOWN IS ALLOWED.

3.4 HANDSTAND PUSH UP

THE MOVEMENT BEGINS AND ENDS WITH THE ATHLETE IN TOP POSITION WITH BLOCKED ELBOWS, HIPS OPEN, KNEES BLOCKED AND WITH ONLY THE FEET IN CONTACT WITH THE WALL.

IN BOTTOM POSITION THE HEAD MUST COME INTO CONTACT WITH THE SUPPORTING SURFACE OF THE HANDS.



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3.5 BURPEE RING MUSCLE UP/ BAR MUSCLE / TOES TO RING

THE MOVEMENT BEGINS WITH THE ATHLETE MAKING A BURPEE UNDER THE RINGS AND ENDS WITH THE ATHLETE IN TOP POSITION WITH ELBOWS STRETCHED OUT, SHOULDERS ABOVE OR BEYOND THE RINGS (SUPPORT POSITION ON THE RINGS, WITH ELBOWS STRETCHED OUT AND SHOULDERS IN LINE OR IN FRONT OF THE VERTICAL OF THE RINGS.)

IN THE BURPEE THE ATHLETE MUST TOUCH THE GROUND WITH THIGHS AND CHEST.

IN THE BURPEE THE STEP UP / DOWN IS ALLOWED.

IN THE RING MUSCLE UP THE ATHLETE STARTS FROM A DEAD HANG POSITION (ARMS OUTSTRETCHED AND FEET DETACHED FROM THE GROUND) AND REACHES THE TOP POSITION PASSING THROUGH A PORTION OF DIP.

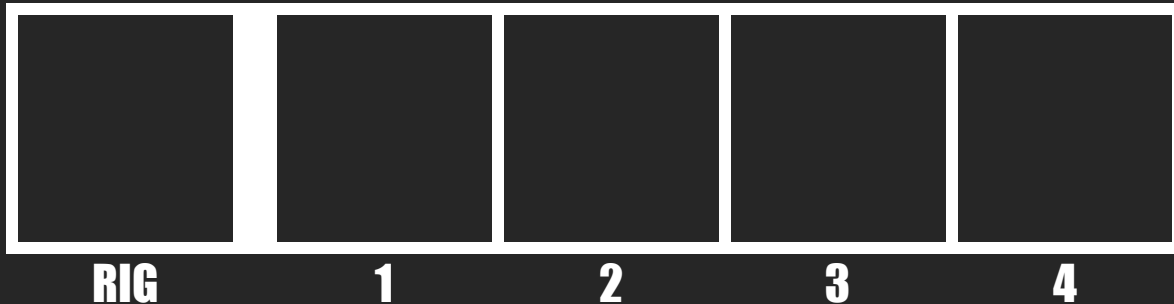
IN THE KIP PHASE THE FEET CANNOT EXCEED THE HORIZONTAL LINE OF THE LOWEST POINT OF THE RINGS.

IN THE TOES TO RING THE ATHLETE STARTS FROM A DEAD HANG POSITION (OUTSTRETCHED ARMS AND FEET DETACHED FROM THE GROUND) AND ENDS WITH THE FEET CLEARLY COMING INTO CONTACT WITH THE RINGS. AT EACH REPETITION THE FEET MUST OVERCOME THE VERTICAL LINE OF THE RINGS.



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4. FLOW



THE ATHLETE STARTS IN SECTION 4.

AT 3... 2.. 1.. GO! THE ATHLETE COMPLETES THE REQUIRED CLEAN & JERK REPETITIONS.

THEN TAKE THE BARBELL BACK RACK AND PERFORM THE REQUIRED BACK SQUAT REPETITIONS.

AFTER BACK SQUAT THE ATHLETE MOVES TO SECTION 2 AND PERFORMS THE REPETITIONS REQUIRED OF BOX JUMP OVER.

AFTER THE BOX JUMP OVER THE ATHLETE TAKES UNDER THE RIG AND COMPLETES THE REPETITIONS OF HANDSTAND PUSH UP.

ONCE THE HSPU IS FINISHED, HE TAKES TO THE RINGS AND COMPLETES THE REQUIRED REPETITIONS OF BURPEE RING MUSCLE UP.

AT THE END OF THE LAST BURPEE MUSCLE UP THE TIE BREAK WILL BE TAKEN AND 1' OF REST WILL START.



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AT THE END OF THE 1' OF REST THE ATHLETE WILL PROCEED TO REDO THE SEQUENCE OF MOVEMENTS IN REVERSE (BRMU, HSPU, BJO, BS, C & J), WITH THE SAME NUMBER OF REPETITIONS AS THE FIRST PART.

THE WOD ENDS WHEN THE ATHLETE FINISHES THE LAST CLEAN & JERK IN SECTION 4.