



**WOD 6TEAM
LEVANTE**

1. WORKOUT

Time Cap 14'

27 Team Clean & Jerk @90/65 kg

45 Team Back Squat @90/65 kg

63 Team Box Jump Over @60/50cm

45 Team HSPU Any Style

27 Synchro (X2) Burpee Ring MU

45 Team HSPU Any Style

63 Team Box Jump Over @60/50cm

45 Team Back Squat @90/65 kg

27 Team Clean and Jerk @90/65 kg



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2. VARIATIONS AND WEIGHTS

CATEGORY	1st MOVEMENT	2nd MOVEMENT	3rd MOVEMENT	4th MOVEMENT	5th MOVEMENT
ELITE	90/65 kg	90/65 kg	Box Jump Over 60/50 cm	HSPU Any Style	Burpee Ring MU (x2)
MASTER 110	80/55 kg	80/55 kg			
INTERMEDIATE					
EXPERIENCE	60/40 kg	60/40 kg	Step up is allowed	Burpee Toes to Ring (x2)	



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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 TEAM 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.

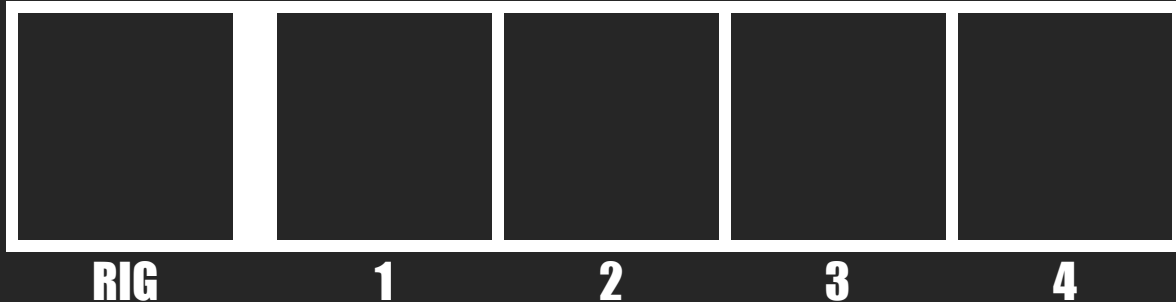
IN THE TOES TO RING THE ATHLETE STARTS FROM A DEAD HANG POSITION (OUTSTRETCHED ARMS AND FEET DETACHED FROM THE GROUND) AND ENDS WITH THE FEET CLEARLY COMING INTO CONTACT WITH THE RINGS. AT EACH REPETITION THE FEET MUST OVERCOME THE VERTICAL LINE OF THE RINGS.

SYNCHRO IS REQUIRED IN TOP POSITION.



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4. FLOW



THE WOD BEGINS WITH ATHLETES A, B AND C IN SECTION 4.

AL 3... 2... 1... GO! THE ATHLETES WILL CARRY OUT THE REQUIRED REPETITIONS OF C&J, ALTERNATING AT WILL (HIGH FIVE). ONE ATHLETE WORKS AND THE OTHER TWO REST.

AFTERWARDS THEY WILL CARRY OUT THE REQUIRED REPETITIONS OF BS, ALTERNATING AT WILL (HIGH FIVE). ONE ATHLETE WORKS AND THE OTHER TWO REST.

ONCE THE BS ARE FINISHED, THE ATHLETES WILL GO TO SECTION 2 AND WILL CARRY OUT THE REQUIRED REPETITIONS OF BJO, ALTERNATING AT WILL (HIGH FIVE). ONE ATHLETE WORKS AND THE OTHER TWO REST. THE ATHLETE WHO STARTS THE BJO IS ALLOWED TO MOVE TO SECTION 2 WHILE THE ATHLETE WHO FINISHES THE BS IS STILL WORKING, BUT CANNOT START JUMPING BEFORE THE TEAMMATES HAVE REACHED HIM IN SECTION 2.



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ONCE THE BJO ARE COMPLETED, THE ATHLETES WILL TAKE THEMSELVES UNDER THE RIG AND CARRY OUT THE REQUIRED REPETITIONS OF HSPU, ALTERNATING AT WILL (HIGH FIVE). ONE ATHLETE WORKS AND THE OTHER TWO REST.

AFTER THE HSPU, TWO ATHLETES WILL BRING THEMSELVES UNDER THE RINGS AND CARRY OUT THE REQUIRED REPETITIONS OF SYNCHRO BRMU, ALTERNATING AT WILL. TWO ATHLETES WORK AND ONE RESTS.

AFTER THE SYNCHRO BRMU THE ATHLETES WILL PROCEED TO REDO THE SEQUENCE OF MOVEMENTS IN REVERSE (HSPU, BJO, BS, C & J), WITH THE SAME NUMBER OF REPETITIONS AS THE FIRST PART.

THE WOD ENDS WHEN ATHLETES COMPLETE THE LAST C&J IN SECTION 4.