

WOD #1

After much deliberation & testing many different wods, we keep coming back to a CrossFit classic benchmark. We feel for this first ever CF competition on the Big Island, and the first wod performed, it's gotta be everyone's favorite:

"Fran"

21-15-9 reps of:

Thruster

Pull Up

***THERE WILL BE A 5 MINUTE CAP FOR THIS WORKOUT. IF YOU DO NOT FINISH WITHIN 5 MINUTES YOUR REPS WILL BE SCORED. EVERY REP COUNTS!**

*Weights and Standards for WOD #1:

- Thruster Weights: Open: 95/65, Scaled: 75/45, Masters: 95/65, Masters 60+: 75/45 (Masters 45+ will all be in the same heat, but 60+ will use scaled weight)
- Thruster Movement Standards: Open, Scaled & Masters Divisions: Crease of hip at or below level of the knee in bottom position, arms locked out & ears in front of arms in top position.
- Pull Up Standards: Open: Unassisted Pull Ups, Scaled: May use a band up to 2" (green), Master's 45+: Unassisted Pull Ups, Masters 60+: Option to use a band up to 2" (green).
- Unassisted Pull Up Standard: Arms fully extended in the bottom position, bar below plane of chin in top position.
- Scaled Pull Up Standard: Arms fully extended in the bottom position, bar below plane of chin in top position. If using a band the same standard applies. If you choose to do Rx Pull Ups, you will not be penalized, but you will not have an advantage in your score.

WOD #2

"Rope Rustler"

7 min. to perform the following:

200m. Sandbag Carry

then (no rest):

AMRAP of:

1 Rope Climb

3 Cleans

3 Handstand Push Up (HSPU)

***Athletes begin WOD with 7 min. to first perform a sandbag carry on an exterior course. Upon completion of the 200m sandbag carry, athletes immediately enter gym and begin the AMRAP for the remainder of the 7 min. Sandbag carry = 0 rep. Rope Climb = 1 rep. Each Clean = 1 rep. Each HSPU = 1 rep.**

*Weights and Standards for WOD #2:

- Sandbag Weights & Standards: Open: 135/95, Scaled: 95/65, Masters: 135/95, Masters 60+: 70/45 (Masters 45+ will all be in the same heat, but 60+ will use scaled weight). Sandbag will begin on the ground, you may use any method to get the bag up to carry. Must travel 200 meters, across finish line, then unload and drop. If athlete drops bag without having traveled 200 meters, athlete must pick bag back up and complete the required distance. No dragging permitted.

- **Rope Climb Heights & Standards:** Open, & Masters Divisions: 15 foot rope climb. Scaled & Master's 60+: 10 foot rope climb. Athletes climb to reach the 15 foot mark, athletes must touch the 15 foot mark (10 foot for scaled) with any hand. You are allowed to jump up on the rope to begin your climb, running will probably not be necessary and you will likely not have very much room to run in your lane, but you may get to the rope as fast as you can. You may not drop from the top as this would be dangerous and likely result in injury. You will need to keep your feet on the rope until you are at the bottom 4 feet of the rope and show control before letting go at the bottom of the descent. **Safety mats will be provided for all ropes.**
- **Clean Standards:** Open & Master's 155/105. Scaled 125/85. The barbell must start on the ground, with your hands on the barbell. The top of the clean is reached when the barbell is in the rack position, with your elbows in front of the bar and with your knees and hips fully extended. Whatever depth squat you need to achieve the finish position of the clean is fine. Your barbell must be on the ground and completely stable before you can move onto the next exercise. **Athlete may not 'bounce' the bar up off the floor to repeat a rep.** Dropping the barbell after the completion of the repetition is permitted.
- **Handstand Push Up (HSPU) Standard:** Open & Masters: RX HSPU. Scaled: Hand-Release Push Up. For the HSPU, the movement begins at the top of a handstand with the arms fully locked out, the heels on the wall, and the hands placed within the clearly marked area. The marked area will be 36" wide by 24" deep, and the palm of the hand must remain completely within the area (fingers may extend out of the box). At the bottom of each rep, the head touches the ground. At the top of each rep, the arms return to fully locked out with the heels on the wall and within the width of the marked area. Kipping is allowed.
- **For the Hand Release Push-Up:** Movement begins with the athlete in a plank position with the body horizontal and flat like a board. Athlete must lower body to a prone position on the floor with the chest, hips, top of thighs clearly on the deck. **hands must release and show separation** from ground prior to pressing up. On the press up, **Body must elevate in a straight line** from ankles to shoulders for a rep to count. No Sagging hips! No kipping hips rising faster than the shoulders! Both arms must come to **complete elbow extension** (locked out) in the top position.