

## WOD description

### WOD 2 Masters & Teens

#### RX/Scaled

9 minutes

A: Minute 1 to 4: 3 heaviest singles Power Snatch

B: Minute 5: Amrap Shoulder to Overhead

C: Minutes 6 to 9: 3 heaviest singles Power Clean

#### Make sure you have three loaded barbells.

1: with the weight for your first attempt single Power Snatch

2: with you weight of choice for the Shoulder to Overhead

3: with the weight for your first attempt Power Clean

This WOD consists of 3 parts: A, B and C

#### Part A: minute 1 - 4 3 heaviest singles Power Snatch

Do as many attempts of heavy single Power Snatch in 4 minutes. The three most heavy count for your score. You can go up and down In weight as you like.

Example: 60, 63, 68 FAIL, 65, 65,

**Score part A:**  $63 + 65 + 65 = 193$

#### Part B: minute 5 Amrap Shoulder to Overhead

Choose a weight for you amrap Shoulder to Overhead. Your score is reps times weight. So make sure you choose wisely. The weight may not be changed during the workout. You may start the movement with the barbell in a rack or clean it from the ground.

Score is reps times weight.

Example: Reps: 40. Weight: 30.

**Score part B:**  $40 \times 30 = 1200$

#### Part C: minute 6 – 9 3 heaviest singles Power Clean

Do as many attempts of heavy single Power Clean in 4 minutes. The three most heavy count for your score. You can go up and down In weight as you like.

Example: 40, 45, 47 FAIL, 45, 45,

**Score part A:**  $45 + 45 + 45 = 135$

There will be separate leaderboards for part A, B and C. The overall leaderboard will give you your final score for WOD 2. The organization will take care of the overall leaderboard.

**Example:**

A: 6<sup>th</sup> place: 6 points

B 10<sup>th</sup> place: 10 points

C 1<sup>st</sup> place: 1 point

Overall: 17 points

## Movement standard

### WOD 2

#### Power Snatch

For the Power Snatch, the barbell begins on the ground. At the moment of the catch the crease of the hips must stay above the cap of the knee. The movement ends standing still with the barbell fully locked out overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body with the arms behind the ears. Taking a few steps to find your balance when getting up is permitted. It is permitted to press the barbell out. No part of the body other than the feet may touch the ground during the repetition. **Muscle Snatch, Split Snatch, or Squat Snatch are not permitted.**



#### Shoulder to Overhead

You may start with the barbell in a squat rack. The barbell must travel from the front rack position on the shoulders to a locked out overhead position with elbows, knees and hips fully extended and feet in line with each other. You may perform a Strict Press, Push Press, Push Jerk or Split Jerk.



## Power Clean

For the Power Clean, the barbell begins on the ground. At the moment of the catch the crease of the hips must stay above the cap of the knee. The movement ends standing still with the barbell in front rack position with the hips and knees fully extended, and the elbows before the barbell. Taking a few steps to find your balance when getting up is permitted. No part of the body other than the feet may touch the ground during the repetition. The elbows may not touch the body. **Muscle Clean, Split Clean, or Squat Clean are not permitted.**

