ML 21.2 — **WOD –2**

'FRAN PLUS'

12min TIME CAP

21,15,9,15,21

THRUSTERS

PULL UPS

NOTE: TIE BREAK TIME AFTER COMPLETION OF SET OF 9 PULL UPS.

MOVEMENT STANDARDS

THRUSTER:

With every rep the athletes hip must pass below hip crease of the knee. The rep will be completed when the barbell is overhead with knees, hips and arms locked out.

PULL UPS:

All reps must start in a dead hang, with chin coming above the bar for every rep. Strict pull ups, kipping pull ups and butterfly pull ups are allowed.

RING ROWS:

The rings will be set 1 metre from the ground to the bottom of the ring. At the vertical plane of the ring there is to be a 100mm tape on the ground, the athletes heal must remain within the 100mm tape. The athletes legs need to remain fully locked out at all times and the chest touching the rings to complete the rep.

EQUIPMENT

- Barbell
- Collars
- Appropriate weight for your division/category
- Pull Up Bar/Gymnastic Rings

NOTES

VARIATIONS

HERO	WARRIOR	SOLDIER
35-49 **M** 40kg **F** 30kg	**35-49** **M** 35kg **F** 25kg	**35-49** **M** 30kg **F** 20kg RING ROWS
50-59 **M** 40kg **F** 30kg	**50-59** **M** 35kg **F** 25kg	**50-59** **M** 30kg **F** 20kg RING ROWS
60-69 **M** 35kg **F** 25kg	**60-69** **M** 30kg **F** 20kg RING ROWS	**60-69** **M** 25kg **F** 15kg RING ROWS
70+ **M** 30kg **F** 20kg	**70+** **M** 25kg **F** 15kg RING ROWS	**70+** **M** 20kg **F** 10kg RING ROWS

ML 21.2   **WOD –2**

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COMPLETION OF SET OF

9 PULL UPS.

	THRUSTERS	PULL UPS
21		
15		
9		
TIE BREAK:		
15		
21		
TIME:		

ATHLETE NAME _____   SCORE _____

35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60+ ☐ HERO ☐ WARRIOR ☐ SOLDIER ☐

STATE _____   JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 21.2

SIGNATURE _____   DATE _____

- -

ATHLETE NAME _____   SCORE _____

35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60+ ☐ HERO ☐ WARRIOR ☐ SOLDIER ☐

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