

### STANDARDS

#### EQUIPMENT

- Concept 2 Rower
- Medicine Ball at appropriate weight
- Barbell loaded with the appropriate Weights
- Collars
- Dumbbells at the appropriate weight
- Pull Up Bar

#### NOTES

This workout begins with the athlete sitting on the rower and the rower set to zero.

At 3, 2, 1, go, the athlete will have 13 minutes to accumulate as many rounds and reps as possible following the rep scheme and movement standards as per their category and division.

This workout is over when the 13 minute time cap expires.

**There is a tie break time after the end of the 1<sup>st</sup> round.**

**The athlete's score is the number of repetitions completed at the cut-off time.**

#### VARIATIONS

##### HERO 35-49

**M** 9kg **F** 6kg  
**M** 100kg **F** 65kg  
**M** 22.5kg **F** 15kg

##### HERO 50-59

**M** 9kg **F** 6kg  
**M** 100kg **F** 65kg  
**M** 22.5kg **F** 15kg

##### HERO 60+

**M** 9kg **F** 6kg  
**M** 90kg **F** 55kg  
**M** 20kg **F** 12.5kg  
PULL UPS

##### WARRIOR 35-49

**M** 9kg **F** 6kg  
**M** 100kg **F** 65kg  
**M** 22.5kg **F** 15kg  
PULL UPS

##### WARRIOR 50-59

**M** 9kg **F** 6kg  
**M** 80kg **F** 55kg  
**M** 20kg **F** 12.5kg  
PULL UPS

##### WARRIOR 60+

**M** 6kg **F** 3kg  
**M** 70kg **F** 45kg  
**M** 17.5kg **F** 10kg  
JUMPING C2B PULL UPS

##### SOLDIER 35-49

**M** 6kg **F** 3kg  
**M** 80kg **F** 55kg  
**M** 20kg **F** 12.5kg  
JUMPING C2B  
PULL UPS

##### SOLDIER 50-59

**M** 6kg **F** 3kg  
**M** 70kg **F** 45kg  
**M** 17.5kg **F** 10kg  
JUMPING C2B  
PULL UPS

##### SOLDIER 60+

**M** 6kg **F** 3kg  
**M** 60kg **F** 35kg  
**M** 15kg **F** 8kg  
JUMPING PULL UPS



# WOD - 3

## ML 19.3

## STANDARDS

### MOVEMENT STANDARDS

#### CAL ROW

The monitor must be set to zero at the beginning of each row.

The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 60 calories.

#### WALL BALLS

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The centre of the ball must hit the target at or above the specified target height.

If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

**MEN THROW TO 10FT TARGET; WOMEN THROW TO 9FT TARGET.**

#### DEADLIFTS

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

#### ALT DB SNATCH

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch and go is permitted.

Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep.

The non-lifting hand and arm may not be in contact with the body during the repetition.

At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count.

The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

#### C2B PULL UPS

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met.

The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

#### JUMPING C2B PULL UPS

For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when he or she is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower his or her body so the arms are fully extended. At the top, the chest must clearly come into contact with the bar below the collarbone.

#### JUMPING PULL UPS

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.

At the bottom, the arms must be fully extended.

At the top, the chin must break the horizontal plane of the bar.



# WOD - 3

## ML 19.3

### SCORECARD

#### WORKOUT ML 19.3

13min AMRAP

60 CAL ROW

50 WALL BALLS

40 DEADLIFTS

30 ALT DB SNATCH

20 C2B PULL UPS

ROUND	60 CAL ROW	50 WALL BALLS	40 DEADLIFTS	30 ALT DB SNATCH	20 C2B PULL UPS
1	60	110	150	180	200
TIE BREAK TIME:					
2	260	310	350	380	400
3	460	510	550	580	600
TOTAL REPS					

#### VARIATIONS

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JUMPING C2B PULL UPS

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JUMPING C2B PULL UPS

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M 60kg F 35kg  
M 15kg F 8kg  
JUMPING PULL UPS

ATHLETE NAME \_\_\_\_\_

TOTAL \_\_\_\_\_ TIE BREAK: \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60-69  70+

HERO  WARRIOR  SOLDIER

STATE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.3

SIGNATURE

DATE

ATHLETE NAME \_\_\_\_\_

TOTAL \_\_\_\_\_ TIE BREAK: \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60-69  70+

HERO  WARRIOR  SOLDIER

STATE \_\_\_\_\_

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