



For Athletes in their Prime

STANDARDS

ML 22.2



ML 22.2

WOD-2

'BRIAN'

**5MINS (4 ROUNDS)
20MINS TOTAL TIME**

PART A:

- 10 BENCH PRESS**
- 20 (RUSSIAN) KB SWINGS**
- 30 WALL BALLS**

PART B:

**REMAINING TIME IN THAT
5MIN BLOCK YOU ARE TO
FIND YOUR 5RM CHEST
PRESS**

**NOTE: TIE BREAK TIME AFTER
COMPLETION OF 30 WALL
BALLS IN THE 2ND ROUND**

EQUIPMENT

- Barbell
- Bumper Plates
- Barbell Collars
- Bench
- Kettlebell
- Wall Ball

MOVEMENT STANDARDS

BENCH PRESS:

Slightly wider than shoulder width grip.
Begin with arms extended, bar over the chest and feet planted.
Shoulders and hips remain in contact with the bench.
Elbows in close to the body, forearms remain vertical.
Bar lowers and must touch the bottom of the chest, complete at full arm extension.

RUSSIAN KETTLEBELL SWINGS (KB SWINGS):

Pick up the kettlebell in a standard wrapped thumb grip and return to your original standing position Push the hips back and fold just low enough for the kettlebell to clear the body as it swings between the legs
The forearm and wrist come in contact with the quads on the backswing
Aggressively open the hip squeezing the legs and butt as you stand. This sends the kettlebell up as the arms guide it overhead
The rep is completed when the kettlebell is at or greater than parallel with the floor with full lockout of the elbows, hips and knees
Allow the kettlebell to swing back through receiving it with the slightly closed hip and dynamically send it right back up to string reps.

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.

VARIATIONS

HERO

35-49
M 60kg F 35kg
KB: M 32kg F 24kg
WB: M 9kg/10ft F 6kg/9ft

50-59
M 50kg F 30kg
KB: M 24kg F 16kg
WB: M 9kg/10ft F 6kg/9ft

60+
M 40kg F 25kg
KB: M 20kg F 12kg
WB: M 9kg/10ft F 6kg/9ft

WARRIOR

35-49
M 50kg F 30kg
KB: M 24kg F 16kg
WB: M 9kg/10ft F 6kg/9ft

50-59
M 40kg F 25kg
KB: M 20kg F 12kg
WB: M 9kg/10ft F 6kg/9ft

60+
M 30kg F 20kg
KB: M 16kg F 10kg
WB: M 6kg/10ft F 3kg/9ft

SOLDIER

35-49
M 40kg F 25kg
KB: M 20kg F 12kg
WB: M 6kg/10ft F 3kg/9ft

50-59
M 30kg F 20kg
KB: M 16kg F 10kg
WB: M 6kg/10ft F 3kg/9ft

60+
M 20kg F 15kg
KB: M 12kg F 8kg
WB: M 6kg/10ft F 3kg/9ft



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SCORECARD

ML 22.2



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WOD -2

'BRIAN'

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20MINS TOTAL TIME**

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20 (RUSSIAN) KB SWINGS
30 WALL BALLS**

PART B:

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5MIN BLOCK YOU MUST
FIND YOUR 5RM CHEST
PRESS**

**NOTE: TIE BREAK TIME AFTER
COMPLETION OF 30 WALL
BALLS IN THE 2ND ROUND**

5MINS RND 1	BENCH PRESS	KB SWINGS	WALL BALLS	PART A TIME	PART B 5RM BENCH PRESS
	10	20	30		
5MINS RND 2	BENCH PRESS	KB SWINGS	WALL BALLS	PART A TIME	PART B 5RM BENCH PRESS
	10	20	30		
			TIEBREAK TIME:		
5MINS RND 3	BENCH PRESS	KB SWINGS	WALL BALLS	PART A TIME	PART B 5RM BENCH PRESS
	10	20	30		
5MINS RND 4	BENCH PRESS	KB SWINGS	WALL BALLS	PART A TIME	PART B 5RM BENCH PRESS
	10	20	30		
TOTAL TIME:			TOTAL WEIGHT:		
TIEBREAK TIME AFTER COMPLETION OF 30 WALL BALLS IN THE 2ND ROUND					

ATHLETE NAME _____

PART A: _____ PART B: _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
 HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT ML 22.2

SIGNATURE _____

DATE _____

ATHLETE NAME _____

PART A: _____ PART B: _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
 HERO WARRIOR SOLDIER

STATE _____

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