



For Athletes in their Prime

# STANDARDS

## MLO 23.1

## WOD - 1

**MLO 23.1**

**WOD - 1**

**'SPINAL CORD'**

**16MIN CONTINUOUS CLOCK**

**FOR TIME  
7MINS CAP**

**PART A: (0-7mins)  
15-12-9 OF  
DEADLIFT  
BOX JUMP OVERS**

**REST 4MINS (7-11mins)**

**FOR TIME  
5MINS CAP**

**PART B: (11-16mins)  
25 FRONT SQUAT  
30 ALTERNATING DEVIL PRESS**

### EQUIPMENT

- BARBELL 20KG/15KG
- WEIGHT PLATES
- COLLARS
- PLYO BOX
- DUMBBELLS

### NOTES

SCORES ARE TO BE ENTERED SEPERATLEY FOR THE FOLLOWING  
PART A: FOR TIME  
PART B: FOR TIME

**TIEBREAK TIME PART A:** After the second round of 12 deadlift and 12 box Jump Overs

**TIEBREAK TIME PART B:** After the 25 front squat.

### VARIATIONS

#### HERO

**35-49**

**DL: M 100kg F 70kg**

**Box: M 24" F 20"**

**FS: M 45kg F 35kg**

**DB: M 22.5kg F 15kg**

**50-59**

**DL: M 90kg F 65kg**

**Box: M 24" F 20"**

**FS: M 45kg F 35kg**

**DB: M 20kg F 12.5kg**

**60-64**

**DL: M 80kg F 55kg**

**Box: M 24" F 20"**

**FS: M 40kg F 30kg**

**DB: M 17.5kg F 10kg**

**65+**

**DL: M 70kg F 50kg**

**Box: M 24" F 20"**

**FS: M 35kg F 25kg**

**DB: M 15kg F 8kg**

#### WARRIOR

**35-49**

**DL: M 90kg F 60kg**

**Box: M 24" F 20"**

**FS: M 40kg F 30kg**

**DB: M 22.5kg F 15kg**

**50-59**

**DL: M 80kg F 55kg**

**Box: M 24" F 20"**

**FS: M 40kg F 30kg**

**DB: M 20kg F 12.5kg**

**60-64**

**DL: M 70kg F 50kg**

**Box: M 24" F 20"**

**FS: M 35kg F 25kg**

**DB: M 17.5kg F 10kg**

**65+**

**DL: M 60kg F 45kg**

**Box: M 24" F 20"**

**FS: M 30kg F 20kg**

**DB: M 15kg F 8kg**

#### SOLDIER

**35-49**

**DL: M 80kg F 50kg**

**Box: M 24" F 20"**

**FS: M 35kg F 25kg**

**DB: M 17.5kg F 10kg**

**50-59**

**DL: M 70kg F 45kg**

**Box: M 24" F 20"**

**FS: M 35kg F 25kg**

**DB: M 15kg F 8kg**

**60-64**

**DL: M 60kg F 40kg**

**Box: M 24" F 20"**

**FS: M 30kg F 20kg**

**DB: M 12.5kg F 6kg**

**65+**

**DL: M 50kg F 35kg**

**Box: M 24" F 20"**

**FS: M 25kg F 15kg**

**DB: M 10kg F 5kg**

### MOVEMENT STANDARDS

#### **DEADLIFT:**

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...

#### **BOX JUMP OVERS:**

There is no requirement to stand tall while on top of the box. A two-foot take-off is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

#### **BOX STEP UP & OVERS: - SOLDIERS 35-60+, WARRIOR 50+ and HERO 65+ ONLY**

There is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box and then jump or step down on the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

#### **FRONT SQUAT:**

This is a standard front squat. The bar starts on the ground. No racks allowed. With the barbell in the front-rack position, the hip crease must clearly pass below the top of the knees in the bottom position. Every repetition of the front squat must finish with the barbell racked across the shoulders, with the hips and legs fully extended when viewed from profile.

#### **DEVILS PRESS:**

Athletes will start each repetition with the dumbbell on the ground. Then, with the athlete's hand on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hand from the dumbbell. Next, the athlete shall snatch or swing dumbbell from the floor and finish with dumbbell locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition. Please note, the athlete may "swing" the dumbbell between their legs to help to build momentum to get it overhead, but the athlete may NOT pause at the shoulders and press the dumbbell. You must alternate hands for each repetition to count.



For Athletes in their Prime

# SCORECARD

## MLO 23.1

## WOD - 1

MLO 23.1

WOD - 1

'SPINAL CORD'

16MIN CONTINUOUS CLOCK

FOR TIME  
7MINS CAP

**PART A: (0-7mins)**  
15-12-9 OF  
DEADLIFT  
BOX JUMP OVERS

**REST 4MINS (7-11mins)**

FOR TIME  
5MINS CAP

**PART B: (11-16mins)**  
25 FRONT SQUAT  
30 ALTERNATING DEVIL PRESS

**TIEBREAK TIME PART A:** After the second round of 12 deadlift and 12 box Jump Overs.

**TIEBREAK TIME PART B:** After the 25 front squat.

PART A (0-7min) 7MIN CAP	RND 1	RND 2	TIEBREAK TIME	RND 3
DEADLIFT	15	12		9
BOX JUMP OVERS	15	12		9

**REST 4 MINS (7-11mins)**

PART B (11-16mins) 5MIN CAP	
FRONT SQUAT	25
TIEBREAK TIME	
ALT DEVIL PRESS	30

ATHLETE NAME/TEAM NAME \_\_\_\_\_ PART A (FOR TIME) \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60-64  65+  PART B (FOR TIME) \_\_\_\_\_  
HERO  WARRIOR  SOLDIER

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

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 23.1

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

ATHLETE NAME/TEAM NAME \_\_\_\_\_ PART A (FOR TIME) \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60-64  65+  PART B (FOR TIME) \_\_\_\_\_  
HERO  WARRIOR  SOLDIER

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

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 23.1

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_