

# 2020 WOD-chester Games

## Workout Descriptions

### “Tri This!”

#### TEAMS

For max calories:   3 min Ski - 45 sec rest  
                              3 min Bike - 45 sec rest  
                              3 min Row – 45 sec rest

Teammates (each with their own judge) will follow each other through each station.

Time will be kept on the wall clock. Athletes cannot touch the machines until time starts and must be standing upright, next to AND off the machine (not touching in any way) when time expires. Judges will give the athletes a 5 second warning the end of each interval. Athletes will incur a five-calorie penalty if they are not off the machine when the timer sounds.

Athletes will have just 45 seconds move to each machine and make any desired adjustments (i.e., seat height, damper setting).

Within that same 45 seconds, judges will be responsible for recording total calories AND resetting the monitors. “Rolled up” calories count (wait 10 seconds after dismount). To reset the monitor on the skiers and rowers judges will need to push “MENU” and then select “Just Ski/Row.” On the bikes, they must press the “STOP” button twice.

While the monitors will be set to zero and ready to go, athletes are advised to push the “START” button as they mount the bike to ensure all of their work is accounted for.

**Judging teams will be required to provide TWO judges for this workout.**

#### INDIVIDUALS

For max calories:   Minutes 1-4: 50 Double Unders then Ski max calories  
                              Minutes 5-8: 50 Double Unders then Bike max calories  
                              Minutes 9-12: 50 Double Unders then Row max calories

As there is no rest in transition from one segment to the next, calories will be recorded as they read the moment time expires (no roll-over).

## “G2OH Ladder”

### TEAMS

Teams will have 7 minutes to alternate through the following ladder.

- Round 1: 1,2,3,4,5 reps @ 95/65
- Round 2: 1,2,3,4,5 reps @ 125/85
- Round 3: 1,2,3,4,5 reps @ 155/105
- Round 4: 1,2,3,4,5 reps @ 185/125
- Round 5: 1,2,3,4,5 reps @ 215/145

Teammates must take turns performing ascending sets each round.

Said another way, Player A does one, rep, Player B does two reps, Player A does three reps, Player B does four reps and Player A does five reps.

If one player cannot perform a G2OH at a given weight, they must Deadlift the requisite number of reps before their teammate can complete the set for them (and then move on to their own set). No partial credit will be given for any deadlifts performed.

Teams will be ranked by the number of completed rounds plus reps.

If neither player can perform a G2OH at a given weight, they may continue with additional reps at a “completed” weight until time expires. This would be an opportunity to improve upon their score as compared to other teams that could not move beyond the same weight (tie-breaker). For example, if a team completes the 15 reps at 125/85 but would be stopped by 155/105, the team can perform additional reps at 125/85. These bonus reps can be split between the teammates as desired and do not have to follow the laddering sequence. Similarly, if a team completes round 5, additional/bonus reps at 215/145 may be performed to separate themselves from the other teams.

A rep of G2OH is considered complete once the athlete has taken the barbell from the floor to a controlled overhead position with the knees, hips, shoulders and elbows inline and at full extension.

This workout will be judged by the event staff.

### INDIVIDUALS

For time, with a 6 minute time limit -

- 10 reps G2OH at 85#
- 8 reps G2OH at 105#
- 6 reps G2OH at 125#
- 4 reps G2OH at 145#
- 2 reps G2OH at 165#

One second for each unfinished rep will be added to the time cap to arrive at a final score.

## **“Train 21159”**

### **TEAMS**

For time, with a limit of 6 minutes, players will follow each other through 21-15-9 reps of:

- Box Hop Burpee
- Jumping Chest-to-Bar Pull-up
- Goblet Squat (53/35)

The workout starts with Player A performing 21 reps of Box Hop Burpees. Once complete they move on to 21 reps of Jumping Chest to Bars while Player B begins their set of 21 Box Hop Burpees. The team will continue on in this manner until all 270 reps have been completed or time expires.

Both players may be working simultaneously, but not on the same movements AND one player must complete a given set before the other can begin.

Teams that cannot complete the work in the time allotted will have one second per unfinished rep added to their total time. In the event that two teams finish at the same time, the total time to complete of the first player for each team will be used as a tie-breaker.

A single rep of Box Hop Burpee will be considered complete once the athlete has moved from a position where the chest is touching the floor, through a two-footed hop onto a 12” box and reached full knee and hip extension in a vertical posture above the box (may jump off, or stand straight and step down).

A single rep of Jumping Chest-to-Bar Pull-up will be considered complete once the athlete has moved from a position underneath the bar where the torso is vertical and the arms are fully extended (think body hanging by the hands) and ascended to a point where the torso has MADE CONTACT with the bar at a point below the clavicle. The height of the support used is up to the individual athlete and is irrelevant as long as the range-of-motion standards are met.

A single rep of Goblet Squat will be considered complete once the athlete, holding a kettlebell at chest height, has descended from an upright position to a point where the crease of the hip is lower than the top of the knee and then ascended to a vertical upright position with the knees and hips at full extension.

**Judging teams will be required to provide TWO judges for this workout.**

### **INDIVIDUALS**

To be voted on the morning of the event.

The final workout of the day will be voted on by all competitors (team and individual) as well as any spectator that obtains a ballot via a donation to Challenger Miracle Field.

Option 1: 9 min 3 rep ladder:  
- OH Plate Squat (45/25)  
- Plate-hop Burpee  
- C2B Pull-up

Option 2: 9 min AMRAP:  
- 50 KB Snatches (53/35)  
- 50 Kick Back Push-up (45# Plate)  
5 C2B Penalty anytime KB touches  
the floor or hands come off the plate.

Option 3: 10-9-8-7-6-5-4-3-2-1 reps of:  
- High-Bar Facing Burpee (20")  
- Alt Arm DB Thrusters (50/30)  
- C2B Pull-ups  
9 minute time limit