

Crossfest North Workouts 2024 - Sport Guide

WOD 1 - FUMBLE THE CATCH

PART A: 6 MINS

MMM - MAX CALS ACROSS BIKE & ROW

FFF - MAX CLEAN

PART B: 6 MINS

FFF - MAX CALS ACROSS BIKE & ROW

MMM - MAX CLEAN

The workout will begin on 3, 2, 1...SEND IT! The three male athletes will begin Part A of the workout on the bike erg and rower, working as a three (two working, one rest) to complete as many calories as possible in six minutes. At the same time, the three female athletes will have six minutes to complete Part B of the workout - achieve a max Clean each.

On 6 minutes, the three male athletes will stop working on the bike erg and rower and will then have the next six minutes to complete Part B of the workout - achieve a max Clean each. The three female athletes will then begin Part A of the workout and complete as many cals as possible in the remaining six minutes.

Score = Part A - Total calories over the whole 12 minutes
Part B - Total weight

WOD 2 - LINE OF WORMAGE

BUY IN: 30 SYNCHRO BURPEE OVER THE WORM HOPS

AMRAP IN REMAINING TIME:

9 WORM DEADLIFTS

12 WORM SQUATS

15 WORM STOH

18 SYNCHRO TOES TO BAR/KNEES TO CHEST

21 HIGH TEN SITUPS

The workout will begin on 3, 2, 1...SEND IT! All six athletes will complete 30 Synchro Burpee Over the Worm Hops as per the demo video. In the remaining time, athletes will work through the AMRAP for the remaining twelve minutes.

Score = Reps completed in 12 minutes

Standards:

Worm Deadlifts:

- The worm must be transferred from the floor into a full standing position for all athletes holding it with open hips and shoulders behind the worm.

Worm Squats:

- All athletes holding the worm must reach full squat depth with hip crease below parallel and stand up fully with hips open.

Worm STOH:

- The worm must be transferred from one shoulder to the other at the same time via a push press or push jerk type movement (see video).

Synchro Toes to Bar:

- Feet must travel past the line of the rig in the back phase and toes must touch the rig at the same time in the forward phase

Synchro Knees to Chest:

- Feet must travel past the line of the rig in the back phase and knees must pass the crease of the hip at the same time in the forward phase.

WOD 3 - TOUCHDOWN

21 Synchro Hang Power Snatch (42.5/30kg)(30/20kg) (2)

21 Synchro Pullups/KB Swings (2)

9 Synchro Devil's Press (2)

15 Synchro Hang Power Snatch (42.5/30kg)(30/20kg) (2)

21 Synchro Pullups/KB Swings (2)

9 Synchro Devil's Press (2)

9 Synchro Hang Power Snatch (42.5/30kg)(30/20kg) (2)

9 Synchro Pullups/KB Swings (2)

9 Synchro Devil's Press (2)

9 Synchro Thrusters (42.5/30kg)(30/20kg) (2)

9 Synchro Pullups/KB Swings (2)

9 Synchro Devil's Press (2)

15 Synchro Thrusters (42.5/30kg)(30/20kg) (2)

15 Synchro Pullups/KB Swings (2)

9 Synchro Devil's Press (2)

21 Synchro Thrusters (42.5/30kg)(30/20kg) (2)

21 Synchro Pullups/KB Swings (2)

9 Synchro Devil's Press (2)

The workout will begin on 3, 2, 1...SEND IT! The team will have twelve minutes to complete the chipper as fast as possible. Two athletes will complete 21 Synchro Hang Power Snatches whilst two athletes are in dead hang on the rig. Once completed, two athletes will complete 21 Synchro Pullups (RX) or 21 Synchro KB Swings (scaled), whilst two athletes hold the two barbells off the floor. Once completed, two athletes at a time will complete 9 Synchro Devil's Press. This format continues for each segment of the workout until the team either finishes the workout and obtains a time or obtains a rep score if time capped.

SYNCHRO HANG POWER SNATCH

- Synchro is at the top of the rep
- Rep starts with both athletes stood up straight with hips open, holding the bar in Snatch grip with arms locked out.
- Top of the rep is complete when both athletes are stood up straight with hips open, the bar stacked above their heads and arms locked out.
- If any of the bars are out of sync at the top of the rep, the rep can still count as long as the other athlete waits at the top.

SYNCHRO THRUSTERS

- Synchro is at the top of the rep
- Rep starts with both athletes stood up straight with hips open, holding the bar in front rack
- Both athletes must hit full squat depth with hip crease below parallel.
- Top of the rep is complete when both athletes are stood up straight with hips open, the bar stacked above their heads and arms locked out.
- If any of the bars are out of sync at the top of the rep, the rep can still count as long as the other athlete waits at the top.

SYNCHRO PULLUPS

- Both athletes must perform a pullup at the same time. Both athletes must have their chin above the line of the rig at the same time.
- One athlete can wait at the top for the other to join them. If they start the rep before they get there....NO REP!
- Strict, Kipping and butterfly pullups are all permitted.

SYNCHRO KB SWINGS

- Both athletes must perform a Russian KB Swing at the same time. Both KBs must travel above eye level at the same time for the rep to count.
- Arms must be locked out at the bottom of the rep

SYNCHRO SINGLE ARM DEVIL'S PRESS

- Synchro is at the top of the rep
- Rep start with both athletes lying flat on the ground with chest and thighs in contact with the floor and one hand on the dumbbell.

- Top of the rep is complete when both athletes are stood up straight with hips open, the dumbbell stacked above their heads and arm locked out.
- If any of the dumbbells are out of sync at the top of the rep, the rep can still count as long as the other athlete waits at the top