**Windsor Warrior 2024**

***THE MOVEMENT STANDARDS***



**WOD 1: PANIC !!!**

**Movement Standards**

|  |  |
| --- | --- |
| Burpee over BarBurpee Tutorial 101: SGX Coach Tips to Master the Burpee | Spartan Race | * Chest and thighs touch ground on burpee
* Step or jump back & up with burpee allowed.
* Two foot take off on jump.
* Must cleanly jump over bar without contact.
 |
| Calories | * Only athletes adjust/touch the rower.

  |

**WOD 2: Jerk It**

**Movement Standard**

|  |  |
| --- | --- |
| Jerk From BlocksRogue Wood Jerk Blocks - American-Made Jerk Boxes | Rogue Fitness | * Reps start with bumpers on both sides touching blocks.
* Bar must touch shoulders at start of jerk.
* Finish with complete knee, hip, and upper body extension.
* Must demonstrate full control at the finish.
* Split and push jerk allowed.
 |

**WOD 3: WTF!!! Wow, That’s Fantastic!**

**Movement Standard**

|  |  |
| --- | --- |
| Overhead SquatsThe Overhead Squat - YouTube | * At bottom of movement, knees must be above hip crease.
* Finish with full extension of legs and hips
* The bar is overhead and not in contact with the body during reps.
 |
| Pull-Ups | * Start with arms in full extension.
* Athletes chin travels above the bar at finish
 |
| Deadlifts | * Bar starts on floor and both sides must touch the floor between reps.
* Finish in full knee and hip extension with shoulders behind bar
 |
| Box Jump Overs | * *Burpee*: chest and hips contact ground at same time
* *Jump-over:* Both feet must take off at same time and land on top of the box at same time.
* Step or jump down allowed.
 |

**WOD 4: Jumping Toes to Balls**

 **Movement Standard**

|  |  |
| --- | --- |
| Toes to BarImage result for crossfit movement kipping chest to bar | * Start with arms in full extension.
* At the start, both feet must travel behind the post.
* Athletes’ feet must contact the bar between the hands at the same time.
 |
| WallballsImage result for crossfit movement wall ball | * Ball hits at or above given target.
* Ball is on floor during rest.
 |
| Double Under | * Rope must pass under the feet 2x with every jump.
* Athlete must not travel outside of their assigned lane.
 |