

## THE DALLAS FIVE THROWDOWN WODS AND EVENT INFORMATION

Here are the WODs for the Dallas Five Throwdown on July 8, 2017.

### **WOD 1      PARTNER BACKUP**

AMRAP – 10 Minutes

- Couplet 1    40 Double Unders (Scaled – 60 Single Unders)  
                  16 Kettlebell Swings (Rx/Masters 50/35, Scaled 35/20)
- Couplet 2    10 Burpees  
                  16 Single Arm Kettlebell Push Press
- Couplet 3    10 Sit Ups  
                  16 Single Arm Kettlebell Snatches

Athlete A starts on double unders while athlete B starts on kettlebell swings. When both are done, they switch movements. After both athletes complete the 1<sup>st</sup> couplet, they continue to the 2<sup>nd</sup> couples, and then the third. Athletes continue repeating all three couplets until time has expired.

### **WOD 2      THE BOMB SQUATS**

AMRAP – 12 Minutes

- 5 Back Squats (95/65)
- 5 Overhead Squats\*
- 5 Front Squats
- 20 Meters Burpee Broad Jumps
- 20 Push Ups (Scaled – 10 Hand Release Push Ups)
- 20-Meter Sprint

Athletes alternate rounds. Completion of the 20 meters of burpee broad jumps counts as 1 rep. The same with the 20-meter sprint. It counts as 1 rep. Scaled athletes do 7 back squats and 7 front squats. They do not do the overhead squats.

### **WOD 3      STREET PATROL**

EMOM – 8 Minutes

- 20-Meter Suicide Sprint
- Sledge Hammer Swings

At the start of the minute, Athlete A completes a 20-meter suicide sprint. Partner B then uses the remainder of the minute to do as many sledge hammer swings as possible. At the end of the minute, Partner B transitions to do the suicide sprint. Partner A will then perform the sledge hammer swings for the remainder of that minute. Athletes continue trading places for a total of 8 minutes.

The movement standards for the first 3 WODS are below. The WOD for the Finals will be revealed on the day of the competition after the other 3 WODs are complete.

On the day of the event, athletes and their fans can follow the leaderboard via the following link: <http://throwdowns.me/DallasFive2017>

CrossFit Heat is located at 810 S. Saint Paul Street in downtown Dallas. You can find the location on Google Maps. Parking will be in the parking lot across Saint Paul Street to the west of CrossFit Heat. Do note that Saint Paul between Cadiz and Canton Streets the day of the event.

Airrosti has been selected as Head of Athlete Services for The Dallas Five Throwdown. If any of the competing athletes experience pain or injuries during The Dallas Five Throwdown, Airrosti will be there to help provide rapid recovery and ensure you stay performing at your best. We will have numerous providers on site during the day of competition performing focused evaluations to pinpoint the root cause of your pain and manually correct the underlying issues. Airrosti will also be providing kinesiology tape for athletes between events. See you there!

Please CLICK on the link below to pre-register and secure an appointment

<https://go.airrosti.com/scheduler/event/902XPXJZO2M>

There will be some other great sponsors and vendors at the event. Chef BGC will be selling some great food. Protein Paletas will have some great ice cream.

Athletes can register on Friday, July 7<sup>th</sup> from 5:00 pm – 8:00 pm at CrossFit Heat if they are in the area. Otherwise, athletes can register on Saturday morning beginning at 7:30 am. Please let us know if you have any questions.

### **WOD 1 Movement Standards**

**Double Under:** *This is a standard double under in which the rope passes twice for each jump. Only successful jumps are counted, not just attempts.*

**Single Under:** *Only successful jumps are counted, not just attempts.*

**Kettlebell Swing:** *The athlete starts with both hands on the handle of the kettlebell while the kettlebell is on the ground. The bell is swung back between the legs, passing behind the plane of the patella. The finish position is with the shoulders locked out over head, with the bell vertically over the feet. If the kettlebell is dropped, the rep does not count.*

**Burpee:** *The athlete must touch chest and thighs to the ground at the bottom. Athlete must fully extend hips with feet off the ground and hands overhead.*

**Kettlebell Single Arm Push Press:** Athlete must complete a push press movement. Jerking is NOT allowed. At the top, the arms, hips, and knees must be fully locked out with the kettlebell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. Athlete must complete 8 reps with one arm before moving to the opposite arm.

**Sit Up:** Athlete starts sitting up with knees bent so bottoms of the feet touch. Sit up starts with athlete lying down so shoulder blades touch the ground. The athlete contracts the abdominal muscles until the shoulders pass beyond the hips and hands touch in front of the feet. Athletes may place an Ab Mat under the lumbar curve for support.

**Kettlebell Snatch:** The kettlebell snatch starts with the kettlebell on the ground and finishes with the dumbbell directly overhead. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the kettlebell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the kettlebell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the kettlebell is locked out overhead for the repetition to count.

## **WOD 2 Movement Standards**

**Squat:** The hip crease must be below the top of the knee at the bottom for all squat movements.

**Back Squat:** Athlete can get the bar up and over anyway that is convenient. Bar must come to rest on the back of the shoulders before the squat movement begins.

**Overhead Squat:** The athlete can jerk the barbell overhead. The barbell must come to full lockout overhead before the squat begins. At the top of the overhead squat, the hips, knees, and arms must be fully extended with the bar directly over the middle of the body.

**Front Squat:** The bar must come to rest in the front rack position before the squat begins. Hips and knees must be fully extended for completion of rep.

**Burpee Broad Jump:** The athlete begins with a burpee that is done behind the starting line. The athlete must touch chest and thighs to the ground at the bottom. When athlete rises from the bottom of the burpee, athlete must jump as far as possible with both feet together and no step up. Athlete finishes when both feet pass the line on a jump.

**Push Up:** The movement starts and ends with arms in full extension and shoulders, hips, and knees in one line from a side view. The athlete must lower chest to the ground for the rep to count.

**Hand Release Push Up:** Scaled athletes must release their hands while chest is on the ground.

### **WOD 3 Movement Standards**

**Suicide Sprint:** Athlete must start behind the line. Athlete will sprint to first marker, then sprint back to the starting line. Then, athlete will immediately sprint to the 2<sup>nd</sup> marker and back. Finally, the athlete sprints to the final marker and back. At each marker, the athlete must get both feet past the marker and touch the ground.

**Sledge Hammer Swing:** The athlete must start with the head of the hammer on the tire. One hand should be on the bottom of the handle with the other hand holding the weighted end. The sledge hammer must be raised above the athlete with hips extended before swinging the hammer down on the tire.