

# Lanzarote SUMMER CHALLENGE

## WODS RX / MÁSTER STANDARDS

WOD 1 (PLAYA) "THE BAYWATCH"	
RX	MÁSTER
FOR TIME:	FOR TIME:
40m sled push 90/70kg + 40m sled pull (I Go, you Go)	40m sled push 70kg + 40m sled pull (I Go, you Go)
20 sandbag clean 70/45kg	20 sandbag clean 70/45kg
80m sandbag bear hug farmer carry (I Go, you Go)	80m sandbag bear hug farmer carry (I Go, you Go)
800m run	800m run
150m swim	150m swim
Time Cap: 20'	Time Cap: 20'

Athletes will start positioned behind the sled and will leave after the signal to start the time.

They will perform each exercise as a relay: 40m sled push placing the ribbons on their arms, the sled must pass completely the line between cones to be able to turn it and perform the sled pull, facing the sled walking backwards and holding the ribbons with their hands. In the same way the sled must pass the line between the cones to finish this exercise (first athlete 1 and then athlete 2).

Afterwards, he/she should do 20 repetitions, to be distributed as they wish, of the sandbag clean, holding the bag with the hands and finishing with arms, hips and knees stretched and with the shoulders aligned in a vertical line with respect to the heels. In the clean the bag should be positioned above the shoulder fully supported by the bag.

After the last clean, he/she will pick up the bag at chest height and hugging it in bearhug surrounding the bag with the arms, he/she will pass the line between cones located at 40m with both feet and will leave the bag again in the same place where he/she picked it up, then the partner will do the same.

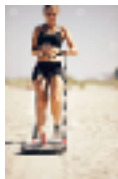
The race will be from that point to the other end of the beach and back to the mark located at the entrance to the water, there will surround the buoy swimming completing 150m swim and time will be taken once you pass the finish arch.

SCORE: Total time added of both athletes.

\* Sled push:



\* Sled pull:



\* Posición final Sandbag clean:



\* Posición bear bug farmer carry:



# Lanzarote SUMMER CHALLENGE

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WOD 2 (ISLOTE) "MEGALODÓN"	
RX	MÁSTER
2 ROUNDS:	2 ROUNDS:
80/60 cal echo 60 thruster 50/35kg 20 bar mu sincro	70 cal echo 60 thruster 50/35kg 20 bar mu (a repartir)
Time cap: 18'	Time cap: 18'

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\* Athletes will start behind the banner and with the echo bike set to 0 calories. They will perform the first calories and move on to the next exercise. In this wods all reps are distributed as the team wishes except for the bar muscle ups in RX which are synchronized. The echo bike must be at 0 calories at the start of each round and it is the athlete's job to reset the machine, any calories added to the previous ones will not add up.

\* SCORE: Time to perform the wod or Reps in case of not finishing it.

\* Echo bike: The echo bike must be at 0 calories at the start of each round and it is the athlete's job to restart the machine, any calories added to the previous ones will not add up.

\* Thruster: This is a standard barbell thruster in which the bar moves from the bottom of a front squat to full overhead lockout. The bar starts on the floor. The hips must pass under the knee line "breaking parallel", the bar must finish overhead with the arms, hips and knees extended.

\* Bar muscle up: The athlete must start or go through a suspension under the bar, with arms fully extended and feet off the ground and finish with arms extended over the bar and hips supported. It is acceptable to perform the muscle-up, but pull-overs, rolls to support and glide kips are not permitted. No part of the foot may be raised above the lowest part of the bar during the kip.

# Lanzarote SUMMER CHALLENGE

## WOD 3 ( ISLOTE) "THE ELEPHANT"

RX y MÁSTER

EMOM 5'  
Atleta 1: 1 Snatch

REST 3'

EMOM 5'  
Atleta 2: 1 Clean and Jerk

The Team chooses who will be Athlete 1 and who will be Athlete 2.

Both must communicate to the Judge the weight they will start with before the EMOM begins.

Athlete 1 will choose the weight and perform a Snatch every minute, if he/she fails to complete the rep within the minute he/she does not add the kilos for that minute. He/she may repeat the attempt as long as the exercise is completed within the minute in its entirety.

You may increase the weight in the 4th minute if you consider it necessary (without the possibility of lowering or raising the weight again).

The bar will start empty and the athlete is in charge of loading the bar before starting the EMOM, the use of locks is mandatory.

Between EMOM, during the 3' rest athlete 2 can put the weight on the bar and perform some warm up lifting before starting the EMOM and scoring.

Athlete 2 will perform 1 Clean and Jerk following the same dynamics as Athlete 1 in the previous EMOM.

SCORE: sum of the total kg moved by the two team members.

Snatch: In the snatch, the bar passes directly from the ground to the head in one motion without stopping at the shoulders. It can be a muscle snatch, power snatch, squat snatch or split snatch. No "clean and jerk" is allowed. No part of the body, except the feet, may touch the ground during the execution of the lift.

Clean and jerk: During the clean, the bar starts on the floor and must be lifted from the floor to the shoulders in one movement. A muscle clean, power clean, split clean or squat clean can be performed, as long as the bar reaches the rack position above the shoulders. Once in the rack, a press, push press, split jerk or push jerk can be used to lock the bar overhead. The bar must pass through the front position before exiting overhead. The repetition is counted when the bar is fully locked overhead, directly over the center of the athlete's body, with the arms, hips and knees extended and the feet aligned under the body. No part of the body, except the feet, may touch the ground during the execution of the lift.

# Lanzarote

## SUMMER CHALLENGE

WOD 4.a y 4.b (ISLOTE) "MONOPOLI"	
RX	MÁSTER
<p>4.A. AMRAP 13'</p> <p>CASH IN: 2 minutes max heavy rope double unders</p> <p>THEN, 4.B. AMRAP 11'(I go you go for round)</p> <p>5m handstand walk with 1 piruete (start in hspu free, pirueta solo male)</p> <p>1 rope climb legless (chicas con piernas)</p> <p>8 heavy DB snatch 32,5/25kg</p>	<p>4.A. AMRAP 13'</p> <p>CASH IN: 2 minutes max heavy rope double unders</p> <p>THEN, 4.B. AMRAP 11'(I go you go for round)</p> <p>5m handstand walk 1 rope climb 8 heavy DB snatch 32,5/25kg</p>

Athletes will start behind the banner and begin to perform maximum double unders with the Velites weighted rope for 2 minutes. They can change whenever they want, only one athlete works at a time.

Then, they will perform an Amrap of 11 minutes where they must perform the order by an "I go, you Go per round", that means that the relay is performed after each complete round.

In the case of Men's RX the 5 meters of pin will start with the head in an abata and performing a hspu free without a wall, continue walking and perform a 360° turn at 2.5 meters from the start, and finish by passing both hands over the 5 meters line. All this must be performed unbroken and the feet must not touch the ground throughout the entire course.

Women's Rx will be the same as the start but they will not perform the pirouette. It has to be performed unbroken.

Master will have a start without hspu free with hands behind the line and if the pirouette is performed, this category must walk the 5 meters, in the same way, unbroken.

Afterwards they will perform a rope climb, male RX Legless (for the descent after touching the top they can use legs), female Rx and Master can use legs to climb.

DB snatches must be alternated by changing arms each repetition, starting with the dumbbell on the floor, touching both ends and ending in an overhead movement with the arm extended. It is allowed to perform muscle snatch, power snatch, squat snatch or split snatch, you can not stop the movement or perform clean and jerk.

Relays must be performed on the standard. If one of the 2 athletes fails to perform an exercise or cannot complete for example the hswalk or clothes climb, they can relay to the partner, but the partner must start the round and will not count what was done by the athlete who did not complete the round.

SCORE: 2 Scores, 4.a Number of Reps and 4.b Number of Reps.

**\*\* In case of a tie in the final laderboard, the wod prior to the final will break the tie, and if there is a tie in this one also, in the previous one, and so on until the tie is broken.**