

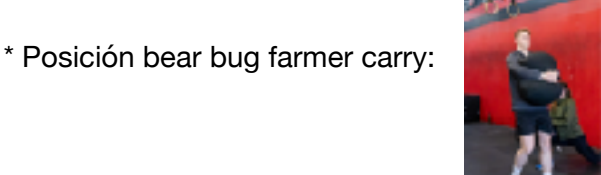
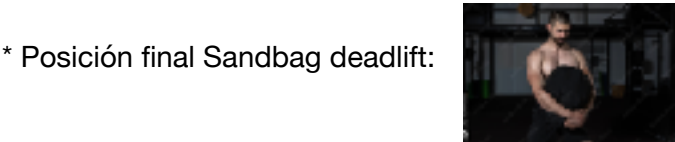
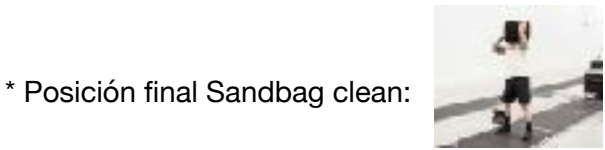
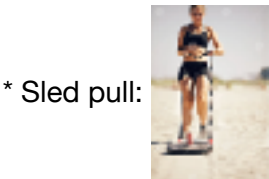
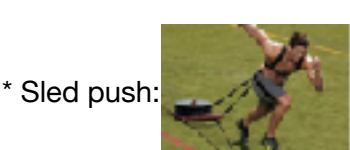
Lanzarote SUMMER CHALLENGE

WODS SCALED / INTERMEDIO STANDARDS

WOD 1 (PLAYA) "THE BAYWATCH"	
SCALED	INTERMEDIO
<p>For time:</p> <p>40m sled push 70/50kg + 40m sled pull</p> <p>10 sandbag deadlift 70/45kg</p> <p>80m sandbag bear hug farmer carry</p> <p>800m run</p> <p>150m swim</p> <p>Time Cap: 20'</p>	<p>For time:</p> <p>40m sled push 70/50kg + 40m sled pull</p> <p>10 sandbag clean 70/45kg</p> <p>80m sandbag bear hug farmer carry</p> <p>800m run</p> <p>150m swim</p> <p>Time Cap: 20'</p>

The athlete will start positioned behind the sled and will start after the start time signal. He/she will perform a 40m sled push placing the straps on his/her 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 grabbing the straps with his/her hands. In the same way, the sled must pass the line between cones to finish this exercise. Subsequently, do 10 repetitions of sandbag deadlift in scald and sandbag clean in intermediate, 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 deadlift/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. The race will be from that point to the other end of the beach and return to the mark located at the entrance to the water, there will surround the buoy swimming completing 150m swim and time mark will be taken once you pass the finish arch.

SCORE: Total time to complete the circuit



Lanzarote

SUMMER CHALLENGE

WOD 2.a y 2.b (ISLOTE) "CHIP Y CHOP"	
SCALED	INTERMEDIO
2.a 0-6' AMRAP 20/15 cal echo 10 thruster 40/25kg	2.a 0-6' AMRAP 20/15 cal echo 10 thruster 50/35KG
2.b 6-12' AMRAP 10 pull ups 60 heavy crossover singles (comba lastrada)	2.b 6-12' AMRAP 10 chest to bar 30 heavy double unders (comba lastrada)

- * The athlete will start behind the banner and with the echo bike set to 0 calories. He/she will perform a 6 minute amrap where he/she must complete the highest number of calorie rounds on the echo and thrusters.
- * * 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.
- * After this first amrap will start the next one in a row from minute 6 to 12 where they must perform as many rounds of pull ups / ches to bar and crossover singles with ballasted rope (here will count each jump performed, example: cross and uncross will count as 2 repetitions) or double unders in the case of intermediate.
- * SCORE: Number of total repetitions in each amrap (2 independent scores).
- * Echo bike: 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.
- * 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 should pass under the knee line "breaking parallel", the bar must finish overhead with the arms, hips and knees extended.
- * Pull ups: Starting hanging from the bar with arms fully extended. The final range of motion should come with a pull of the arms at the top end passing the chin over the full up bar.
- * Crossover singles: With the Velites weighted rope, alternate single and crossover jumps, each jump counts as one rep.
- * Double unders: With the weighted rope, you must pass twice under the legs on each jump to count as a valid rep.

Lanzarote SUMMER CHALLENGE

WOD 3 (ISLOTE) "THE ELEPHANT"

SCALED E INTERMEDIO

Emom 5'

1 Clean and jerk

The athlete will choose the weight and perform a Clean and Jerk every minute, if he/she fails to complete the rep within the minute he/she does not add the kilos for that minute. The athlete may repeat the attempt as long as the exercise is completed within the minute in its entirety. The athlete must communicate to the judge the weight he/she will start with before the EMOM begins.

He/she may move up in weight in the 4th minute if he/she deems 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.

SCORE: sum of the total kg moved.

* 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) "JUMANJI"	
SCALED	INTERMEDIO
4.a X3 rounds	4.a X3 rounds
15 Facing Burpees box jump over 15 DB overhead squat one hand 22.5/15Kg 1 rope climb	15 Facing Burpees box jump over 15 DB overhead squat one hand 25/17,5Kg 1 rope climb
Then, 4.b	Then, 4.b
Max alternating DB snatch one hand 22.5/15Kg	Max alternating DB snatch one hand 25/17,5Kg
Time cap 10'	Time cap 10'

The athlete will start at the standard and after the signal of the start of the time will begin to perform the 3 rounds of proposed exercises. When they finish the 3 rounds they will add the highest number of DB snatch reps to finish the 10 minutes of time cap.

SCORE: 4.a Time to finish the 3 rounds (or reps in case of not finishing it within the time) 4.b Total of maximum reps performed of DB snatch (will be 2 independent scores)

Facing Burpee box jump over: The burpee box jump over begins with the athlete facing the box while touching the ground with the chest and thighs, and ends with the athlete jumping over the box. When jumping over the box, the feet should go over the box, not around it, and the athlete should use a two-foot landing on top of the box.

DB overhead squat one hand: You should begin the movement with the arm extended upward with the dumbbell overhead. You should keep the arm straight throughout the movement descending into a deep squat. The hips should lower until they are lower than the line of the knees. Always keeping the dumbbell overhead and finishing with the arm, hips and knees fully extended and with the dumbbell in a vertical line with respect to the heels. They can change hands when the athlete needs to.

* Rope climb: You must climb the rope until you reach the maximum point located at 4.5 meters. The use of legs to climb the rope is allowed. The time of the last round will be recorded when the athlete completes the 4.5m of rope.

* DB alternating snatch one hand: The dumbbell must start with the dumbbell resting on the floor. The dumbbell shall be quickly pulled upward while extending the knees and hips and finish with the arm, hips and knees extended and the dumbbell overhead in a vertical line with the heels. * *

**In case of a tie in the final ladderboard, the wod before 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.