



## WWW Global Aftermath 2018 Workouts and Standards

### WoD 1 - "10 to Rush"

10 minute AMRAP

100 double-under buy in, followed by upward ladder 3-6-9-12-15-18-21....  
power clean  
front squat  
shoulder to overhead

Rx: 95#/65#

Scaled: 300 single-unders, 75#/45#

Beginner: 100 single-unders, 55#/35#

Masters Rx (30-39), (40-49), (50-59) same as Rx

Masters Rx (60+) 75#/55#

Masters Scaled (30-39), (40-49), (50-59) same as Scaled

Masters Scaled (60+) 65#/45#

Teen (16-18) 100 double-unders or 300 single-unders, 65#/55#

Teen (13-15) 100 double-unders or 200 single-unders, 45#/35#

Youth (10-12) 100 single-unders, 10# dumbbell in each hand (scale to 5# if needed)

Youth (7-9) 100 single-unders, 5# dumbbell in each hand (scale to 3# if needed)

### WoD 2 - "Tri Couplet"

8 minute time cap

3 couplets for time, each couplet is 12-9-6 reps

Couplet 1

wall balls

pull-ups

Couplet 2

box jumps

snatches

Couplet 3

burpees to plate

overhead lunges with plate

Rx: 20#/14# 10'/9', 24"/20", 115#/75# barbell, 45#/25# plates

Scaled: 14#/10# 10'/9', jumping pull-ups, 24"/20", 75#/55# barbell, 25#/15# plates

Beginner: 10# 8', ring rows, 20", 55#/35# barbell, 25#/15# plates

Masters Rx (30-39), (40-49) same as Rx

Masters Rx (50-59) 20#/14# 10'/9', 24"/20", 105#/65# barbell, 45#/25# plates

Masters Rx (60+) 14#/10# 10'/9', 75#/55# barbell, 35#/25# plates

Masters Scaled (30-39), (40-49), (50-59) same as Scaled

Masters Scaled (60+) 14#/10# 10'/9', jumping pull-ups, 55#/45# barbell, 25#/15# plates

Teen (16-18) 20#/14# 10'/9', 24"/20", 75#/55# barbell, 25#, 15# plates

Teen (13-15) 14#/10# 10'/9', 24"/20", 45#/35# barbell, 15#/10# plates

Youth (10-12) 10# 8', ring rows, 20", 15# bar, 10# plate

Youth (7-9) dumbbell thrusters in lieu of wall balls -5# in each hand, ring rows, 20", 5# dumbbell, unweighted lunges

*Box step-ups allowed in Beginner, Scaled and Youth divisions. Youth (7-9) division will do dumbbell snatches. For the weighted lunge, plates are held overhead for Rx, Scaled and Teen divisions. Beginner and Youth divisions may hold plate any way with both hands.*

### **WoD 3 - "Mr. Joshua Mix-up"**

14 minute AMRAP

20/15 cal row

15 deadlifts

30 abmat sit-ups

Rx: 255#/155#

Scaled: 165#/105#

Beginner: 95#/75#

Masters Rx (30-39), (40-49) same as Rx

**Masters Rx (50-59) 225#/135#**

Masters Rx (60+) 185#/125#

Masters Scaled (30-39), (40-49), (50-59) same as Scaled

Masters Scaled (60+) 135#/105#

Teen (16-18) 155#/125#

Teen (13-15) 95#/75#

Youth (10-12) 15 cal row, 1.0pood (36#) kettlebell

Youth (7-9) 12 cal row, 0.5pood (18#) kettlebell

## WoD Notes

### WoD 1 “10 to Rush”

Clock counts downward from 10:00. Athlete must complete buy in before starting the AMRAP portion of the workout. Points are earned for properly completed reps in the AMRAP portion of the workout. No points are earned for the buy in.

First round of the AMRAP, athlete does 3 power cleans from the ground, followed by 3 front squats and 3 shoulder to overhead. After each round the rep count goes up by 3. Power cleans start from the ground and end with athlete standing up with bar on front rack (elbows must be in front of bar), hips and knees fully extended. Each of the movements must be completed before the next movement begins. Doing a squat clean on the last power clean rep, does not count as a front squat. Likewise coming out of the last front squat with a thruster does not count as a shoulder to overhead.

### WoD 2 “Tri Couplet”

Clock counts upward to 8:00. Athletes complete each of the 3 couplets in the order shown above. The rep scheme for the couplets is 12-9-6. For Couplet #1, athlete does 12 wall balls, followed by 12 pull-ups, then 9 wall balls, 9 pull-ups, 6 wall balls and 6 pull-ups before moving to Couplet #2.

Rx and Teen divisions are expected to do box jumps. Beginner, Scaled and Youth divisions may do step ups in Couplet #2. Use a 45# rubber bumper plate for the burpee to plate. Everyone should have the same height plate. Athlete cannot have any part of their head over the plate when on the ground portion of their burpee. Weighted lunges are overhead for Rx, Scaled and Teen divisions. Beginner and Youth divisions may hold the plate in any manner as long as they use both hands.

### WoD 3 “Mr. Joshua Mix-up”

Clock counts down from 14:00. Every calorie and rep is a point. Youth divisions will do kettlebell deadlifts. All others use barbells for their deadlifts.

## Movement Standards

Movements listed in order of appearance in above workouts.

### **Double-unders**

These are standard double-unders with the rope passing twice around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear under the feet twice during the jump. Attempts where the rope catches before clearing twice do not count. Athletes are permitted to use their own rope.

### **Single-unders**

These are standard single-unders with the rope passing once around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear once under the feet during the jump. Attempts where the rope catches before clearing once do not count. Athletes are permitted to use their own rope.

### **Power Clean**

In this movement, the barbell goes from ground to front rack position in one movement. The bar must start on the ground (blocks may be used for naked bars to raise them off the floor to same height as a loaded barbell) and be brought to front rack position by power clean. Movement ends when bar is sitting on the athlete's "front rack" and athlete's hips and knees are fully extended and elbows are in front of the bar.

### **Front Squat**

Movement starts with barbell in front rack position and athlete's hips and knees fully extended. Athlete squats below parallel (hip crease must go below the horizontal line at the top of the knee) with barbell remaining in the front rack. Athlete returns to full extension for completion of the rep.

### **Shoulder to Overhead**

This movement requires the athlete to move the bar from front rack to overhead with arms fully locked out and ears showing in front of the arms. Hips and knees should be fully extended and the barbell in the overhead lockout position. Athlete's feet should be returned to starting position (ex. under the hips or shoulders). The athlete must show control of the bar in the lockout before returning the bar to the front rack or ground. The athlete may use any of the following methods to bring the bar from front rack to overhead – strict press, push press, push jerk or split jerk. *Safety Note: Athlete should not drop the bar from above the waist unless bailing out of a bad lift.*

### **Wall Balls**

Athlete must squat below parallel before rising up and throwing the ball to the target (see scales above). If athlete does not catch the ball on the return, the ball must come to complete

rest on the ground before athlete can pick it up again. Bouncing the wall ball off the floor is not allowed.

### **Dumbbell Thruster**

The dumbbell thruster movement starts with one dumbbell in each hand with one end resting on the top of the shoulder. Athlete must squat to depth where hip crease is below the parallel plane on the top of the knee. Athlete stands and thrusters the dumbbells overhead in one continuous movement. At the top of the movement, athlete's knees, hips and arms are fully extended with dumbbells directly over the midline of the body. Arms must be locked out and feet under the shoulders or hips for rep to count.

### **Pull-ups**

The movement starts from a full hang on the pull-up bar with the feet not touching floor or any object. Chin must break the horizontal plane at the top of the bar to count as a good rep. Strict, kipping or butterfly techniques are allowed.

### **Jumping Pull-ups**

The top of the athlete's head must be at least 6" below the bar when measured while athlete is standing erect on floor or platform. The movement starts with the arms fully extended (hang) before athlete jumps up and has chin break the horizontal plane at the top of the bar for a good rep.

### **Box Jumps**

Every rep must begin with both feet on the floor. The rep finishes with both feet on top of the box and the hips and knees fully extended while in control on top of the box. Certain divisions are allowed to step up on the box (see above), all others must jump up.

### **Snatch**

This is a standard snatch or power snatch in which the barbell moves from the ground to overhead in one motion. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. For this movement, the bar must start on the ground (every rep must start on the ground). Touch and goes are permitted however bouncing the bar is not allowed. The movement ends with the bar overhead, arms fully locked out, hips and knees fully extended and the bar is over the athlete's heels. *Safety Note: Athlete should not drop the bar from above the waist unless bailing out of a bad lift.*

### **Dumbbell Snatch**

The dumbbell snatch movement starts with the dumbbell on the ground and ends with the dumbbell overhead and arms, hips and knees fully locked out. Athlete must alternate arms for each lift. The dumbbell must come in full contact with the ground at the bottom of the movement. Both ends of the dumbbell should touch the ground before next repetition begins. Bouncing the dumbbell is not permitted. The non-lifting hand may not be in contact with the body during the movement.

**Burpee to Plate**

Movement begins with athlete facing the plate. Both chest and thighs must touch the ground at the beginning of the movement. Athlete jumps up and onto the plate with both feet, showing control and fully extended hips and knees at the top. No part of the athlete's head can be over the plate when athlete is on the ground. Rx and Teen athletes must jump in and out of the prone position per the new burpee standard introduced by CrossFit™ this year.

**Overhead Weighted Lunge**

In all the divisions the overhead weighted lunge should be performed by placing one foot/leg in front of the athlete's body with the trailing knee touching the ground. Athletes must alternate the forward and trailing legs while holding a plate overhead with both arms locked out. Beginner and Youth divisions may hold the plate anyway they want as long as they use both hands to hold on to it.

**Rowing**

The rower computer must be set to 0 calories before athlete starts this movement. Judges are allowed to rest the rower in between rounds. Athlete should not get off rower or remove feet from the stirrups until the rower computer displays the required number of calories. Each calorie counts as a single rep.

**Deadlift**

The barbell or kettlebell begins on the ground and must touch the ground between each rep. The athlete's knees and hips must be extended at the top, with the shoulders behind the bar or kettlebell. The athlete's hands must be outside their knees if using a barbell but shall be inside their knees when using a kettlebell. *Safety Note: Athletes should use proper technique when performing the deadlift. Judges will stop an athlete if an unsafe condition persists.*

**Sit-ups**

Performed with an abmat on the floor, this movement requires full range of motion to count as a good rep. At the bottom of the rep, the shoulder blades should touch the ground and the arms should be over the head with hand touch to the ground. At the top of the sit-up, the upper torso should be upright enough so that the shoulders are over the hip crease. Judges will look for armpits over the hip crease to determine proper ROM at the top of the movement. Swinging the arms during the movement is allowed. Yoga mats are allowed as long as they are laid out flat under the athlete's buttocks and legs and do not give an undue advantage to the athlete.