



REPS CROSSFIT CAIRNS

SUMMER SERIES ROUND 2: INDIVIDUAL WORKOUTS

WOD	BEGINNER LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL
2.1	'Isabel' meets 'Diane' (10min cut-off) 30 Snatches – 20/30 21-15-9 of: Deadlift – 40/60 F: Hand Release Knee Push Ups M: Hand Release Push Ups	'Isabel' meets 'Diane' (10min cut-off) 30 Snatches – 30/50 21-15-9 of: Deadlift – 60/80 F: 21, 15 Hand Release Push Ups, 9 HSPU M: 21 Hand Release Push Ups, 15, 9 HSPU	'Isabel' meets 'Diane' (10min cut-off) 30 Snatches – 40/60 21-15-9 of: Deadlift – 70/100 HSPU

WOD DESCRIPTION

Athletes will be given 10 minutes to complete two CrossFit bench mark workouts back-to-back: – 'Isabel' and 'Diane'. It will commence with 'Isabel' – 30 snatches at the prescribed weight. Once this is complete the athlete will move directly onto 'Diane' 21-15-9 of Deadlifts and Handstand Push Ups (HSPU).

NOTE: Hand Release Push Ups will be subbed for HSPU in full for the Beginner Category, and in part for the Intermediate Category.

MOVEMENT DESCRIPTION

Snatch: The barbell must travel from the start position to arm's length in one continuous movement. The start position for a barbell loaded with bumper plates is the floor. The start position for a barbell loaded without bumper plates is mid-shin. The snatch will be deemed successful once the athlete locks-out with the barbell in line or behind the ears and is standing stationary with full knee and hip extension. All forms of the snatch will be accepted for this workout – squat snatch, power snatch, muscle snatch and split snatch.

Deadlift: The barbell must travel from the start position to the waist in one continuous movement, whilst maintaining straight arms throughout the lift. The start position for a barbell loaded with bumper plates is the floor. The deadlift will be deemed successful once the athlete stands upright with the barbell with full knee and hip extension. 'Touch and Go' deadlifts are accepted for this movement, but the arms must remain straight for the duration of each repetition. The conventional deadlift technique must be performed during this workout, with both hands gripping the barbell outside of the athlete's legs.

Hand Release Push Ups: The athlete will start face down with both hands and feet on the floor, with the body elevated in a straight line at full elbow extension. The athlete will then lower themselves to the point where their chest and stomach makes contact with the floor, raise both hands from the ground and place them down again before pressing back up to full elbow extension and straight torso alignment.

NOTE: Female Beginner athletes will be able to scale to Knee Hand Release Push Ups if desired. Apart from the starting position, the movement standards for knee and standard Hand Release Push Ups are the same.

HSPU: The athlete will commence with a handstand by flipping feet-over-hands so that the backside faces toward the wall. Both arms must be locked at full elbow extension and both feet must be touching the wall prior to the commencement of each repetition. The athlete will then bend the elbows and lower the torso until the head makes contact with the floor, before pressing back up to full elbow extension and with both feet touching the wall.

WOD	BEGINNER LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL
2.2	Death By Reverse Thruster Ladder (90sec/Round) F: 10x20, 9x25, 8x30, 7x35, 6x40, 5x45, 4x50, 3x55, 2x60, 1x70, Max Push Ups M: 10x30, 9x35, 8x40, 7x45, 6x50, 5x55, 4x60, 3x70, 2x80, 1x90, Max Push Ups	Death By Reverse Thruster Ladder (90sec/Round) F: 10x30, 9x35, 8x40, 7x45, 6x50, 5x55, 4x60, 3x70, 2x80, 1x90, Max Push Ups M: 10x45, 9x50, 8x55, 7x60, 6x65, 5x75, 4x85, 3x95, 2x105, 1x115, Max Push Ups	Death By Reverse Thruster Ladder (90sec/Round) F: 10x35, 9x40, 8x45, 7x50, 6x55, 5x60, 4x70, 3x80, 2x90, 1x100, Max Push Ups M: 10x50, 9x55, 8x60, 7x70, 6x80, 5x90, 4x100, 3x110, 2x120, 1x130, Max Push Ups

WOD DESCRIPTION

Athletes will be given 90 seconds to complete the prescribed number of Thrusters per round. Eg 10 Thrusters in Rd 1, 9 Thrusters in Rd 2, 8 Thrusters in Rd 3 and so on. If an athlete fails to complete the required amount of repetitions in a round they will be unable to progress to the next phase of the workout. Athletes will be required to increase the weight of their own barbell between attempts in readiness for the next round.

If an athlete completes the entire Thruster Ladder, eg Advanced Male 1 x 130kg they will have whatever time remains on the clock to complete as many push ups as possible to further their score.

MOVEMENT DESCRIPTION

Thrusters: The movement will commence in the front rack position, with the barbell resting on or behind the clavicles and the elbows in front of the bar. The torso must be upright with knees and hips fully extended and feet in line with each other. The athlete must squat to a depth where the hip crease is below the knee crease before extending up to full knee and hip extension and elevating the barbell to arm's length, in line or behind the ears. This process must be completed in one continuous movement and the knees are NOT allowed to re-bend whilst the barbell is being locked out overhead. The barbell will then be returned to the front rack position for the ensuing repetition.

NOTE: If the barbell is resting on the floor the athlete is allowed to complete a squat clean to commence the front squat phase of the first Thruster in the set.

Push Ups: The athlete will start face down with both hands and feet on the floor, with the body elevated in a straight line at full elbow extension. The athlete will then lower themselves to the point where their chest makes contact with the ground before pressing back up to full elbow extension and straight torso alignment.

WOD	BEGINNER LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL
2.3	3RFT of: (9min cut-off) 20m Front Rack Lunge – 20/30 15 SDHP – 20/30 10 Band Pull Ups	3RFT of: (9min cut-off) 20m Front Rack Lunge – 30/45 15 SDHP – 30/45 F: 10 Pull Ups, M: 10 CTB Pull Ups	3RFT of: (9min cut-off) 20m Front Rack Lunge – 45/65 15 SDHP – 45/65 10 CTB Pull Ups

MOVEMENT DESCRIPTION

Front Rack Lunges: The movement will commence in the front rack position, with the barbell resting on or behind the clavicles and the elbows in front of the bar. The torso must be upright with knees and hips fully extended and feet in line with each other. The athlete will then step forward and bend the back knee until it makes contact with the floor. The athlete will then continue lunging forwards in the same fashion, alternating legs to complete the 10m shuttle before turning and finishing the return leg.

Sumo Deadlift High Pull (SDHP): The start position for a barbell loaded with bumper plates is the floor. The start position for a barbell loaded without bumper plates is mid-shin. The athlete must grip the bar inside the thighs with palms facing toward the body. The barbell must travel from the start position to the line of athlete's clavicles in one continuous movement. The athlete must extend the knees and hips in this process and complete the movement with an upright row. Driving the barbell off the thighs or hips and extending onto the toes are acceptable movements for this exercise. The athlete must also show control during the descent of each SDHP by maintaining a two-hand grip on the barbell until it reaches the start position. 'Touch and Go' SDHPs will be accepted in this workout but the arms must be straight prior to the commencement of each repetition and the bumper plates loaded on both sides of the bar must make contact with the floor for the lift to be deemed successful.

Pull Ups: The athlete will start hanging from the pull up bar at full elbow extension and with both feet free of contact with the floor or box/bench. The athlete will then pull the body upward to the point where the chin is above the bar. Strict and kipping variations of this movement will be accepted.

Chest to Bar Pull Ups: The athlete will start hanging from the pull up bar at full elbow extension and with both feet free of contact with the floor or box/bench. The athlete will then pull the body upward to the point where the chest makes contact with the bar on or below the line of the clavicles. Strict and kipping variations of this movement will be accepted.

WOD	BEGINNER LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL
2.4	Sprint Chipper: (8min cut-off) Run 400m 10 Burpees 10 KB Clean & Jerks – 12/16 20 Box Jumps – 40/50 60 Single Skips	Sprint Chipper: (8min cut-off) Run 400m 3 Burpee Rope Climbs – 4.5m 10 KB Clean & Jerks – 16/20 20 Box Jumps – 50/60 30 Double Unders	Sprint Chipper: (8min cut-off) Run 400m 5 Burpee Rope Climbs – 4.5m 10 KB Clean & Jerks – 20/24 20 Box Jumps – 50/60 30 Double Unders

MOVEMENT DESCRIPTION

Run: The athlete will complete each cycle of the 50m track using standard running technique. Walking is permitted.

Kettlebell (KB) Clean & Jerk: The KB must travel from the start position to the shoulder in one consecutive movement, before being elevated to arm's length in line or behind the ears. The KB will start on the floor between the athlete's feet and will be pulled up to the point that it makes contact with the shoulder. The athlete is not required to extend the knees and hips to complete the KB clean prior to jerking it overhead. Once the clean has been completed the athlete will then drive the KB overhead using any of the Shoulder to Overhead techniques: Shoulder Press, Push Press, Push Jerk or Split Jerk. The repetition will be deemed successful once the KB is locked out at arm's length in line or behind the ears, the feet are in line and the knees are hips are fully extended. The KB must then be controlled back to the start position before commencing the next repetition with the opposite arm.

Burpees: From a standing position the athlete will place both hands on the floor before kicking both feet out and dropping so that that the chest and stomach make contact with the floor. The athlete will then kick both feet back in, stand, jump and clap both hands overhead simultaneously.

Burpee Rope Climb: From a standing position the athlete will place both hands on the floor before kicking both feet out and dropping so that that the chest and stomach make contact with the floor. The athlete will then kick both feet back in, stand and climb. The athlete must scale the rope and make hand contact with the top support bar before descending to the ground to complete a good repetition. The feet are allowed to be used to trap the rope during the ascent and descent of each Rope Climb. Jumping to commence a repetition is accepted.

Box Jumps: From a standing position with feet in line with each other, the athlete will jump off two feet and land on two feet atop of the box. The athlete must stand up to full knee and hip extension on the box, or reach full knee and hip extension whilst jumping down from the box. The athlete has the option of jumping or stepping down from the box to commence the next repetition.

NOTE: Beginner athletes are able to scale Box Jumps to Step Ups if desired. In this case the athlete can step up to the box off one foot, before standing on the box with both feet and completing the repetition with full knee and hip extension.

Single Skips: The skipping rope must complete one unbroken revolution around the athlete's body to be deemed a successful repetition. The athlete may jump off one or two feet to complete each repetition as long as the skipping rope makes its way around the body unimpeded.

Double Unders: The skipping rope must complete two unbroken revolutions around the athlete's body to be deemed a successful repetition. The athlete may jump off one or two feet to complete each repetition as long as the skipping rope makes its way around the body twice unimpeded.

WOD	BEGINNER LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL
Final	To be announced at the completion of WOD 2.4	To be announced at the completion of WOD 2.4	To be announced at the completion of WOD 2.4

SUMMER SERIES ROUND 2: TEAM WORKOUTS

WOD	SCALED	RX'D
T2.1	15min AMRAP in Pairs (FF/MM) of 'Helen': Part 1: Run 400m (100m per athlete – F/F/M/M) Part 2: 21 KB Swings – 16/24 (Odd Rounds: F/F, Even Rounds: M/M) 12 Pull Ups (Odd Rounds: M/M, Even Rounds: F/F)	15min AMRAP in Pairs (FF/MM) of 'Harsh Helen': Part 1: Run 400m with Wall Ball (6/9) (100m per athlete – F/F/M/M) Part 2: 21 KB Swings – 20/32 (Odd Rounds: F/F, Even Rounds: M/M) 12 Weighted Wall Ball Pull Ups (6/9) (Odd Rounds: M/M, Even Rounds: F/F)

WOD DESCRIPTION

Part 1: Each individual athlete will run 100m each to complete the 400m run leg. Both female athletes will complete their run legs first before the male athletes do theirs. RX'D athletes will be required to complete each leg of their run with a Wall Ball.

Part 2: In odd rounds (1, 3, 5, 7 and so on) Female Pairs will combine to complete 21 KB Swings at the prescribed weight before the Male Pairs join to complete 12 Wall Ball Pull Ups (RX'D) or 12 Pull Ups (SCALED). In even rounds (2, 4, 6, 8 and so on) Male Pairs will combine to complete 21 KB Swings at the prescribed weight before the Female Pairs join to complete 12 Wall Ball Pull Ups (RX'D) or 12 Pull Ups (SCALED). Only one athlete from each pairing will complete work at one time. Each athlete in both pairings must attempt at least one repetition from each exercise in order to progress to the next stage of the workout.

Scoring: In Part 1 each individual run leg completed will be worth one point. In Part 2 each repetition completed will be worth one point eg 21 KB Swings = 21 points and 12 Pull Ups = 12 points. Therefore one complete round will be scored as 37 points.

NOTE: SCALED Teams that are unable to complete Pull Ups will have the option of substituting the exercise with Band Pull Ups. However, each repetition will only count as 1/4 of a Pull Up, so only 3 points will be credited per round. Each pair intending on scaling to Band Pull Ups must inform their judge prior to the commencement of the workout.

MOVEMENT DESCRIPTION

Run: The athlete will complete each cycle of the 50m track using standard running technique. Walking is permitted. RX'D athletes will be required to complete each leg of their run with a Wall Ball.

KB Swings: The athlete will start by gripping the KB on the handle with two hands. The KB will swing back through the legs by breaking the line of the knees before being thrust overhead in one continuous movement. For a KB Swing to be deemed successful the arms must stay straight throughout the movement and the KB must finish in line or behind the athletes ears overhead before being controlled in descent with straight arms to prepare for the next repetition.

Pull Ups: The athlete will start hanging from the pull up bar at full elbow extension and with both feet free of contact with the floor or box/bench. The athlete will then pull the body upward to the point where the chin is above the bar. Strict and kipping variations of this movement will be accepted.

Wall Ball Pull Ups: The athlete will start hanging from the pull up bar at full elbow extension and with both feet free of contact with the floor or box/bench. The Wall Ball will be gripped with the feet and/or legs before the athlete will then pull the body upward to the point where the chin is above the bar. Strict and kipping variations of this movement will be accepted.

WOD	SCALED	RX'D
T2.2	8RFT (M/F) of: 6 Clean and Jerks – 40/60 8 Toes through Rings 10 Box Jumps - 50 (10min cut-off)	8RFT (M/F) of: 6 Clean and Jerks – 55/75 8 Toes through Rings 10 Box Jumps - 60 (10min cut-off)

WOD DESCRIPTION

One Male and one Female will combine to complete a full round of the workout – 6 Clean and Jerks at the prescribed weight, 8 Toes through Rings and 10 Box Jumps at the prescribed height. Each pairing will take turns in completing a full round of the workout until all eight rounds are complete or time elapses. Only one athlete from each pairing will perform work at a time. The repetitions of all movements can be broken up between pairs as desired. Each athlete from the pairing must attempt at least one repetition from each exercise in order to progress to the next round.

NOTE:

- SCALED Teams that are unable to lift the prescribed Clean and Jerk weight – F: 40kg, M: 60kg have the option of scaling back to F: 30kg and M: 50kg. However each Pair that does this will have a 30sec time penalty added to each round attempted.
- SCALED Teams that are unable to completed Toes through Rings will have the option of substituting the exercise for Sit Ups. However each Pair that does this will have a 30sec time penalty added to each round attempted.

MOVEMENT DESCRIPTION

Clean & Jerk: The start position for a barbell loaded with bumper plates is the floor. The start position for a barbell loaded without bumper plates is mid-shin. The barbell must travel from the start position to the front rack position in one consecutive movement, before being elevated to arm's length in line or behind the ears. The athlete is not required to extend the knees and hips to complete the clean prior to jerking it overhead. Once the clean has been completed the athlete will then drive the barbell overhead using any of the Shoulder to Overhead techniques: Shoulder Press, Push Press, Push Jerk or Split Jerk. The repetition will be deemed successful once the barbell is locked out at arm's length in line or behind the ears, the feet are in line and the knees are hips are fully extended.

Toes through Rings: The athlete will begin hanging from the rings with full elbow extension and the feet in line or behind the torso. The athlete will then raise both legs until a portion of both feet pass through the rings simultaneously. The legs are then lowered to the start position, ensuring that the feet are in line or behind the line of the torso prior to the commencement of the next repetition. Kipping techniques will be accepted for this movement.

Box Jumps: From a standing position with feet in line with each other, the athlete will jump off two feet and land on two feet atop of the box. The athlete must stand up to full knee and hip extension on the box, or reach full knee and hip extension whilst jumping down from the box. The athlete has the option of jumping or stepping down from the box to commence the next repetition.

NOTE: SCALED athletes are able to scale Box Jumps to Step Ups if desired. In this case the athlete can step up to the box off one foot, before standing on the box with both feet and completing the repetition with full knee and hip extension

WOD	SCALED	RX'D
T2.3	Combined CrossFit Total + Power Clean: <ul style="list-style-type: none"> - 1RM Back Squat - 1RM Shoulder Press - 1RM Deadlift - 1RM Power Clean (12min cut-off)	Combined CrossFit Total + Power Clean: <ul style="list-style-type: none"> - 1RM Back Squat - 1RM Shoulder Press - 1RM Deadlift - 1RM Power Clean (12min cut-off)

WOD DESCRIPTION

Each team will be scored by the combined weight lifted in kilograms across four exercises: Back Squat, Shoulder Press, Deadlift and Power Clean. The highest single repetition recorded in each lift will count towards the team's overall score.

Each athlete will be designated one lift each to contribute towards their team total. There is no restriction on which lift each athlete chooses.

The workout will be divided into two six minute parts. In Part 1, one athlete will find their 1RM Back Squat whilst the other finds their 1RM Power Clean. In Part 2, one athlete will find their 1RM Shoulder Press whilst the other finds their 1RM Deadlift.

MOVEMENT DESCRIPTION

Back Squat: The athlete will start standing upright with the barbell resting across the back of the shoulders, with knee full knee and hip extension. The athlete will then squat to the point where the hip crease is below the knee crease before standing up to full knee and hip extension. A set of squat stands will be provided to 'rack' the barbell before and after each lift if desired.

Shoulder Press: The athlete will start with the barbell resting in the front rack position, with knees and hips fully extended and feet in line with each other. The athlete will then drive up to elevate the barbell to arm's length, in line or behind the ears. No knee bend will be allowed in order to help drive the bar up to full extension. A set of squat stands will be provided to 'rack' the barbell before and after each lift if desired.

Deadlift: The barbell must travel from the start position to the waist in one continuous movement, whilst maintaining straight arms throughout the lift. The start position for a barbell loaded with bumper plates is the floor. The deadlift will be deemed successful once the athlete stands upright with the barbell with full knee and hip extension. The conventional deadlift technique must be performed during this workout, with both hands gripping the barbell outside of the athlete's legs.

Power Clean: The start position for a barbell loaded with bumper plates is the floor. The start position for a barbell loaded without bumper plates is mid-shin. The barbell must be elevated from the start position to the front rack position in one continuous movement, so that the barbell rests on or behind the clavicles and the elbows are in front of the bar. The athlete may receive the barbell on the chest in a squat position with thighs parallel to the floor or above. A muscle clean will also be accepted where the barbell is received with straight legs. The lift will be deemed successful once the torso is upright and the knees and hips fully extended

WOD	SCALED	RX'D
T2.4	Part 1: F/F 2 Rounds of: 3 Rope Climbs – 4.5m, 20 Push Jerks – 40, 50 Air Squats Part 1: M/M 2 Rounds of: 25 DB Hand Release Squat Cleans – 20, 20 Ring Dips, 3 Rope Climbs – 4.5m (18min cut-off)	Part 1: F/F 2 Rounds of: 3 Rope Climbs – 4.5m, 20 Push Jerks – 50, 20 Pistols, 5 Bar Muscle Ups Part 1: M/M 2 Rounds of: 25 DB Hand Release Squat Cleans – 25, 10 Ring Muscle Ups, 3 Legless Rope Climbs – 4.5m (18min cut-off)

WOD DESCRIPTION

Part 1: F/F Pair 1 – Both Females will combine to complete two rounds of 3 Rope Climbs (4.5m), 20 Push Jerks at the prescribed weight and 20 Pistols and 5 Bar Muscle Ups (RX'D) or 50 Air Squats (SCALED). Only one athlete in the pairing will perform work at a time. The repetitions of all movements can be broken up between pairs as desired. Each athlete from the pairing must attempt at least one repetition from each exercise in order to progress in the workout.

Part 2: M/M – Pair 2 – Once the Female pairing has completed their workload, both Males will combine to complete two rounds of 25 DB Hand Release Squat Cleans at the prescribed weight, 10 Ring Muscle Ups (RX'D) or 20 Ring Dips (SCALED) and 3 Legless Rope Climbs (RX'D) or 3 Rope Climbs (SCALED).

NOTE: SCALED Female Pairs that are unable to lift the prescribed Push Jerk weight of 40kg have the option of scaling back to 30kg. However each Pair that does this will have a 30sec time penalty added to each round attempted. SCALED Male Athletes unable to complete Ring Dips will be able to substitute the exercise for Ring Push Ups but will incur a 30sec time penalty for each round attempted.

MOVEMENT DESCRIPTION

Rope Climb: The athlete must scale the rope and make hand contact with the top support bar before descending to the ground to complete a good repetition. The feet are allowed to be used to trap the rope during the ascent and descent of each Rope Climb. Jumping to commence a repetition is accepted.

Legless Rope Climb: The athlete must scale the rope and make hand contact with the top support bar before descending to the ground to complete a good repetition. The feet are **NOT** allowed to be used to trap the rope during the ascent, however can be used for support during the descent of each Legless Rope Climb. Jumping to commence a repetition is accepted. Kipping techniques are also accepted for this movement.

Push Jerk: The movement will commence in the front rack position, with the barbell resting on or behind the clavicles and the elbows in front of the bar. The torso must be upright with knees and hips full extended and feet in line with each other. The athlete will bend the knees to a quarter squat position during the dip phase and then drive up and receive the barbell at arms' length in a shallow squat position. The lift will be deemed successful once the barbell is locked out in line or behind the ears and the athlete stands to a recovery position with both feet in line and knees and hips fully extended.

Air Squats: The athlete will start standing with full knee and hip extension. The athlete will then squat down until the hip crease is below the knee crease then stand up to full knee and hip extension.

Pistols: The athlete will start standing on one leg with full knee and hip extension. The athlete will then squat down until the hip crease is below the knee crease before standing up to full knee and hip extension to complete the repetition. The athlete's heel is allowed to raise off the floor during the movement, but must be flat on the floor once standing upright to be deemed a successful repetition. The athlete will then complete the next Pistol using the opposite leg.

Bar Muscle Ups: The athlete will start hanging from the pull up bar at full elbow extension and with both feet free of contact with the floor or box/bench. The athlete will then pull the body up and over the pull up bar into the transition position where the torso rests upon the bar. The movement is completed when the athlete presses above the bar to full elbow extension.

DB Hand Release Squat Cleans: The movement will start with both DBs resting on the floor on either side of the athlete. The athlete will squat down and grip both DBs before driving up to complete the pull and dropping into a squat position where the hip crease is lower than the knee crease. The DBs must be in the front rack position with a part of each DB in contact with each shoulder. The athlete will then stand to full knee and hip extension to complete the repetition before controlling the DBs back to the start position. Both hands must be released from the DBs before securing the grip again to complete the ensuing repetition.

Ring Dips: The athlete will begin holding onto the rings with arms locked out at full elbow extension. Both feet must be free of contact with the floor or box/bench. The athlete will then lower the torso until both shoulders or arms make contact with the top of the rings before pressing back up to full elbow extension.

Ring Muscle Ups: The athlete will start hanging from the rings at full elbow extension and with both feet free of contact with the floor or box/bench. The athlete will then pull the body up and over the rings into the transition position. The movement is completed when the athlete presses above the rings to full elbow extension. Kipping techniques are acceptable for this movement.