



WOD 2 TEAM

THE PASSION - 33

WOD

TIME CAP 9 MIN

21 – 15 – 9

Synchro Pull Up

Worm Thrusters

Synchro burpees over the worm

SCORE:
Time to complete the wod



WEIGHT AND VARIATIONS

TEAM ELITE	NO VARIATIONS
TEAM MASTER 110 +	NO VARIATIONS
TEAM SCALED	NO VARIATIONS
TEAM EXPERIENCE	KNEE RAISES

In this wod the synchro movements are performed by all 3 athletes together

FLOW

- The athletes starts for the starting mat; 3,2,1 go all the three athletes will move to the rig to perform the 21 synchro pull ups.
- They will then move to the worm and perform 21 thrusters followed by 21 synchro burpees over the the worm
- Once finished the first round they will move the worm by one section and move to the rig for the round 15 synchro pull ups. Will follow then the 15 thrusters and the 15 synchro burpees over the worm.
- Finished the second round they will move the worm in third position and start the last round composed by 9 synchro pull ups, 9 thrusters and 9 synchro burpees over the worm.
- Finished the last rep they will run to the finish mat for the time.



STANDARDS



PULL UP

The athlete starts in dead hanging position with feet off the ground, hanging from the bar with fully extended arms. In top position the chin will have to be above the horizontal plane of the bar.

SYNCHRO

It is required for all the three athletes to be at the same time in top position. Therefore there will be a moment in which all the three athletes will have their chin over the horizontal plane of the bar.



KNEE RAISES

The athlete starts in dead hanging position with fully extended arms and feet off the ground. For each rep the athlete will have to move the heels behind the vertical axis of the bar. In the top position phase he/she will have to take the knees above the horizontal plane determined by the hip crease.

- **SYNCHRO POSITION**

It is required to all the three athletes to have at the same time the knees above the hip crease line.



WORM THRUSTER

Each rep starts with all the three athletes on the same side of the worm, with it resting on the shoulder and the athletes in standing tall position. In bottom position, the hip crease of each athlete will have to be below the highest part of the knee. **All the three athletes will have to be in bottom position at the same time.**

In top position the athletes need to have hips open and knees fully extended while the work will be lifted over their heads and taken on the opposite shoulder. It is not required to fully extend the arms while moving the worm overhead. Furthermore the athletes can't sneak under the worm but will have to move it over their heads.



WORM THRUSTER



SYNCHRO BURPEE OVER THE WORM

The movement requires that two athletes are on the same side of the worm and the third on the opposite side. In bottom position chests and thighs on the ground. The athlete can descend into a burpee by stepping down or jumping. The athlete can stand up in top position by stepping up or jumping. The jump over the worm must be performed with a two foot takeoff, but can land in any way. If performing the jump over the worm the athlete touches the worm the entire movement must be repeated.

SYNCHRO POSITION

It is required for all the three athletes to be in bottom position at the same time with chests and thighs on the ground.



SYNCHRO BURPEE OVER THE WORM

