



FIELD A

BODYWEIGHT

SOUTHERN

WARRIORS

2 0 2 2

ELITE SENIOR E MASTER

WALLET



EVENT

BODYWEIGHT

4 ROUND FOR TIME

16 TOES TO BAR

16 BURPEE FACING THE PARALLETTE

16 PISTOL

16 BURPEE FACING THE PARALLETTE

64 DOUBLE UNDER

RUN TO THE FINISH LINE

TIME CAP: 18 MIN

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	ROUND	TOES TO BAR	BURPEE FACING THE PARALLETTE	PISTOL	DOUBLE UNDER
ELITE	4	16	16	16	64
MASTER 30	4	16	16	16	64
MASTER 35	4	16	16	16	64
MASTER 40	4	16	16	16	64
MASTER 45	4	16	16	16	64
MASTER 50	3	16	16	16	64
MASTER 35-40 WOMAN	3	14	14	14	56



FLOW

- The athlete waits on the starting line.
On “3,2,1...GO!” will move to the rig to perform 18 toes to bar. Then moves to the first section and performs 18 burpees facing the parallette (10 cm height approx.). Then will move to the second section and performs 18 pistol squats. He/she will move again in the third section and performs 18 burpees facing the parallette. Then will move in fifth section to perform double unders.
- The athlete will then move the chess piece by one spot.
- Will return to the rig to begin the second round.
The athlete will continue in this way until the completion of the fourth round.
- The wod ends running to the finish line.



STANDARD

TOES TO BAR

The athlete starts in hanging position with straight arms and feet off the ground. Each rep begins with heels behind the vertical plane determined by the bar. Both feet will touch at the same time the bar between the hands.

BURPEE FACING THE PARALLETTE

The rep starts with the athlete standing in front of the parallette. In bottom position chest and thighs are on the ground, with chest on the line and hands and feet straddling the line.

Then will have to jump the obstacle (not necessarily with a two feet jump, but it is mandatory that both feet are in the air before that one foot touches the ground on the opposite side); the rep ends when the athlete lands on the opposite side where the rep began.

Being an over movement it is not required hip extension.

If during the jump the athlete touches the obstacle a norep will be given and the entire movement must be repeated.



STANDARD

PISTOL (ALTERNATED ONE LEG SQUAT)

Athlete starts with the non working leg raised from the ground. Will then descend in squat, with hip crease below the highest point of the knee. The non working leg must be raised from the ground at all time and the hands must stay off the body. The athlete can lift the leg grabbing the foot toetip. The top position have fully extended knee and hips and then he/she may lower the non working leg to the ground. Each valid rep the athlete must alternate the working leg. A norep forces the athlete to repeat the movement on the same leg.

DOUBLE UNDER

The rope must pass twice under the feet per jump. The rope must rotate forward.