



FIELD A

BODYWEIGHT

SOUTHERN

WARRIORS

2 0 2 2

ELITE TEAM DIVISION

SUPERMAN



EVENT

BODYWEIGHT

TIME CAP: 15 MIN

40 TOES TO BAR SYNCHRO

40 ALTERNATED PISTOL SYNCHRO

10 RMU (5 TEAMMATE A + 5 TEAMMATE B) - MOVE THE CHESS PIECE

30 TOES TO BAR SYNCHRO

30 ALTERNATED PISTOL SYNCHRO

10 RMU (5 TEAMMATE A + 5 TEAMMATE B) - MOVE THE CHESS PIECE

20 TOES TO BAR SYNCHRO

20 ALTERNATED PISTOL SYNCHRO

10 RMU (5 TEAMMATE A + 5 TEAMMATE B) - MOVE THE CHESS PIECE

10 TOES TO BAR SYNCHRO

10 ALTERNATED PISTOL SYNCHRO

10 RMU (5 TEAMMATE A + 5 TEAMMATE B)


RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	TOES TO BAR	PISTOLS	RING MUSCLE UP
ELITE MM / MF	40/30/20/10	40/30/20/10	5+5
ELITE FF	40/30/20/10	40/30/20/10	3+3



FLOW

- At “3, 2, 1...GO!”, the athletes go to the rig and perform 40 toes to bar synchro. then they move to the first section for 40 alternated pistol synchro. at the end of the pistols, one teammate goes to the rig for 5 ring muscle up. then he returns to the teammate for the switch. now teammate B must perform 5 ring muscle ups.
- The team moves the chess piece of 1 section and they return to the rig for the second round of toes to bar
- They proceed in this path for the other rounds with the amount of reps described in the wod.
- After the last round of 10 reps they run to the finish line



STANDARD

TOES TO BAR

Begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. The rep is credited when both feet come in contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

SYNCHRO POSITION:

Both athletes must be in a top position together at the same time.

RING MUSCLE UP

The athlete starts in hanging position with straight arms and feet off the ground. During the kipping phase the feet may not rise above the rings. Through a portion of a dip the athlete must reach a top position with shoulders above or in front of the rings.



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.

Synchro position: Each valid rep the athlete must alternate the working leg. A norep forces the athlete to repeat the movement on the same leg.