



*Fittest  
Freakiest*

**WOD 1**  
**-ENGLISH-**

# WOD 1

## GENERAL CATEGORY (MEN / WOMEN) - FOR TIME

**100**  
(SKIPPING / JUMPING JACKS /  
DU / JUMPING LUNGE)

**30**  
PUSH UPS

**40**  
AIR SQUAT

**50**  
BURPEES

**100**  
(SKIPPING / JUMPING JACKS /  
DU / JUMPING LUNGE)

## ADAPTIVE CATEGORY STANDING DIVISIONS

### SENSORY - FOR TIME

**100**  
(SKIPPING / JUMPING JACKS /  
DU / JUMPING LUNGE)

**30**  
PUSH UPS

**40**  
AIR SQUAT

**50**  
BURPEES

**100**  
(SKIPPING / JUMPING JACKS /  
DU / JUMPING LUNGE)

### UPPER - FOR TIME

**100**  
(SKIPPING / JUMPING JACKS /  
SINGLE UNDERS / JUMPING LUNGE)

**20**  
PUSH UPS

**40**  
AIR SQUAT

**40**  
BURPEES

**100**  
(SKIPPING / JUMPING JACKS /  
SINGLE UNDERS / JUMPING LUNGE)

### LOWER - FOR TIME

**80**  
(SKIPPING / JUMPING JACKS /  
SINGLE UNDERS / JUMPING DOUBLE TAPS)

**30**  
PUSH UPS

**40**  
AIR SQUAT  
(SQUAT TO CHAIR)

**50**  
BURPEES

**80**  
(SKIPPING / JUMPING JACKS /  
SINGLE UNDERS / JUMPING DOUBLE TAPS)

### NEURO - FOR TIME

**75**  
(SKIPPING / JUMPING JACKS /  
SINGLE UNDERS / JUMPING DOUBLE TAPS)

**20**  
PUSH UPS

**40**  
AIR SQUAT

**50**  
BURPEES

**75**  
(SKIPPING / JUMPING JACKS /  
SINGLE UNDERS / JUMPING DOUBLE TAPS)

## ADAPTIVE CATEGORY SEATED DIVISION

### HIGH & LOW - FOR TIME

**100**  
(TRANSITIONS CHAIR TO BED OR SOFA/  
/ MONSTER ROPE / SPLIT ROPES)

**30**  
PUSH UPS

**40**  
DIPS

**30**  
LAY TO SIT

**100**  
SIT UPS

# WOD 1

## CATEGORÍA GENERAL - CATEGORÍA ADAPTIVE

### **Skipping:**

Bring one foot up and bend at the knee to create a 90 degree angle. As you step forward, bring the other leg up in a quick motion.

### **Jumping Jacks:**

Stand upright with your arms by your side and your feet around hip-width apart. Bend at your knees and jump up whilst stretching your legs and spreading your arms out and up into the shape of a star. Your feet should land wide apart and your arms stretched out, above your head. When your feet land, jump straight back up, reversing the move so that you land in the starting position. That's one rep!

### **DU:**

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

### **Jumping Lunge:**

Stand in the ready position with one leg forward, one leg back. If your left leg is leading, put your right arm in front. Prepare to jump bending your knees and sinking down into a deep lunge. Lean slightly forward and contract your core muscles.

Quickly sink your weight down and then explosively drive both feet into the floor and launch your body upward, fully extending your knees and hips. As you jump into the air, bring your feet quickly together and switch positions as you begin to land.

Keep your hips back and allow your hips and knees to bend deeply to absorb the landing. Don't lock your knees. Drop to a deep lunge position as you prepare to start the next jump lunge.

### **Push ups:**

Performing push-ups on the floor we start our athletes from flat on the floor with the nose, chest, pelvis, and thighs - as much of the body as possible - making contact and then begin the arm extension to separate the body from the floor. The posture on the floor sets the posture for the entire set.

### **Air Squat:**

From a standing position, lower your body using knee and hip flexion until the crease in your hips rests lower than your knees. Return to the starting position by standing, extending the knee and hip joints. Safe/efficient technique requires the weight to stay in the heels, the knees out to a position equal to, or wider than, the toes, and the spine as neutral as possible.

### **Burpees:**

Stand with your feet shoulder width apart. Push your hips back, bend your knees, and bring your hands to the floor

Jump back into the top of a push-up position. Complete a push-up. Jump your feet towards your hands. Have them land slightly wider so they have to travel a slightly shorter distance. Extend your hips back to a standing position. At the same time, jump (vertically) and with your hands above your head.