



*Fittest  
Freakiest*

**WOD 3**  
**-ENGLISH-**

# WOD 3

## **GENERAL CATEGORY**

*(MEN / WOMEN) - FOR TIME*

**AMRAP 8'** 2-4-6-8-10-12...

**AIR SQUAT**

**ALTERNATE REVERSE LUNGE**

**BURPEES**

## **ADAPTIVE CATEGORY**

*ALL STANDING DIVISIONS - FOR TIME*

**AMRAP 8'** 2-4-6-8-10-12...

**AIR SQUAT**

**V SIT UPS**

**BURPEES**

## **ADAPTIVE CATEGORY**

*ALL SEATED DIVISIONS - FOR TIME*

**AMRAP 8'** 2-4-6-8-10-12...

**2 DB CLEAN**

**2 DB SHOULDER TO OVERHEAD**

*\*MEN 2 DB 8 kg. / WOMEN 2 DB 5kg.*

# WOD 3

GENERAL CATEGORY  
MEN / WOMEN

## **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.

## **Alternate Reverse Lunge:**

Stride pulling the leg back. Each rep. counts for 1 leg alternate lunge, starting from one leg ( preferred ). You must extend hip/knee completely at the end of each rep with each leg. It's mandatory to alternate legs in each rep, so you can't do 2 consecutive reps with the same leg.

## **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.

## **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.

## **V-Sit Ups:**

The movement begins in the supine position. You touch your feet with your hands at the point of maximum height. Once contacted, return to the supine position where your hands and feet should contact the ground to validate the repetition. If there is no contact between feet and hands at the point of maximum height, the repetition will not be valid.

## **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.

ADAPTIVE CATEGORY  
ALL STANDING DIVISIONS

# WOD 3

ADAPTIVE CATEGORY  
ALL SEATED DIVISIONS - FOR TIME

## **2 DB clean:**

The movement begins with the DB in the athlete's lap. Until the time begins to count the athlete will not be able to touch the DB. The athlete must raise the 2 DB from the hanging position to the shoulders. The movement ends with both dumbbells in contact with the shoulders. The athlete will lower the dumbbells back to the hanging position to start the next repetition.

## **2 DB Shoulder to Overhead:**

The movement begins with the 2 DB resting on the shoulders in the front rack position. From there, the athlete will raise the 2 DB with a shoulder press until clearly marking the full extension of the arms above the head. From there the athlete will lower the DB to the shoulders for the next repetition.