

Femme Royale Women's Competition // WISCO
June 23rd, 2018
NorthFit Creamery Home of CrossFit Fort Atkinson

Workout ONE

FUN

9 Minute AMRAP
50 Wall Balls 10#
10 King Kongs
10 Snatch 65#

50/50

9 Minute AMRAP
50 Wall Balls 14#
5 Rope Climb
10 Snatch 85#

RX

9 Minute AMRAP
50 Wall Balls 20#
5 Rope Climb
10 Snatch 105#

Wall Balls :: Medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit a 9' target. If the ball hits below or does not hit the wall (air ball), it will not be counted for a rep. Ball must hit above the marked target.

King Kongs :: Athlete will start with their entire body on the floor. Shoulders must start on the floor with their arms fully locked out. From there the athlete can pull herself up off the floor using her arms. The athlete's heels must only remain on the ground. The athlete may not pull herself up with her feet flat on the ground. The athlete will also need to keep her legs locked out the entire time. There will be no kipping allowed.

Rope Climbs :: The athlete will start on the ground and climb the rope 15' target. The athlete must touch the target and then descend down the rope. The athlete may not drop off the rope higher than 3 feet from the ground.

Snatch :: Starting position is from the ground. Finishing position is barbell overhead with arms fully out, hips and knees extended. Athletes can power snatch or squat snatch all reps.

*One athlete working at a time.

*Each athlete must perform a minimum of one rep of each movement.

Workout TWO

FUN - 50/50 - RX

2 Power Clean Ladder

65 / 75 / 85 / 95 / 105 / 115 / 125 / 135 / 145 / 155 / 165 / 175 / 185

*Must complete two UNBROKEN Power Cleans.

*If the athlete fails but catches the barbell without dropping they can continue working to complete the power cleans for 2 successful reps. Unlimited attempts allowed as long as barbell isn't dropped.

*Tap & Go -- no resting more than 2 seconds on the ground.

*Athletes have the option to start at the 65 or 85 station without penalty.

*The score will be the highest completed weight of each athletes combined.

*Once the athlete fails, each athlete will attempt max effort deadlifts. This will be considered the tie break score.

Power Clean :: Starting position is from the ground. Finishing position is barbell in the front rack position, hips and knees extended. Athletes can hang power clean or hang squat clean, but must return to fully upright extended position.

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Workout THREE

In 15 Minutes Complete ::

90 Deadlifts

20 Burpees

60 Front Squats

20 Burpees

30 Shoulder to Overhead

20 Burpees

In the remaining time max effort pull ups.

FUN : 75 / Jumping Pull Ups

50/50 : 95

RX : 115

*Barbell weight will stay the same for all the movements.

*One athlete working at a time for all the movements.

*Once the workout is completed the athletes will work together to complete as many pull ups as possible in the remaining time of the 15 minutes.

*If the athletes finish the workout in 13:30 they will have 90 seconds of max effort pull ups.

Deadlift :: Athlete must begin with the barbell on the ground. Athlete will elevate the barbell from the ground and return it to a fully standing position with hips fully open, knees fully locked out and shoulders behind the vertical plane of the barbell.

Front Squat :: Start with the barbell in front rack position, hips and knees extended; straight line down the profile of the body. Hip crease must reach below top of the knee. Finish with hips and knees fully extended. No reps: Not reaching full extension & not going below parallel.

Shoulder to Overhead :: Start with the barbell in the front rack position at the athlete's shoulder and then fully locked out overhead. Lock out must be arms, hips, knees extended and object over middle of the body. Press- Remain extended, no bending or use of the legs. Push Press- Single dip, after dip knees and hips must remain extended. No rep: Arms not extended, and/or re-dip before lock out. Jerk- Dip, Drive, Dip, Re-dip, receiving weight in either quarter squat or split before complete lock out. Feet must be inline under body for completed rep, with full control. No rep: Bar and/or feet not inline with the body, and no full lock out.

Burpees :: Athlete will start in an upright position. Athlete will descend into a horizontal plank position and chest must touch the ground. Athlete will return to a standing position and jump with both feet off the ground. The rep is counted when the athlete shows full hip extension at the top of the jump. All athletes hips must be open before they start the following rep.

Pull Ups :: Athletes arms are fully extended with elbows locked out. The rep is counted when athlete's chin breaks the horizontal plane of the bar. Kipping, butterfly & chest to bars are all allowed.

Jumping Pull Ups :: Athletes arms are fully extended with elbows locked out. Athlete will be standing on the box. The rep is counted when athlete's chin breaks the horizontal plane of the bar.