



## W.O.D 3 HEART RATE HELL

LOCATION: **CROSSFIT HPU** (THE IMAGES ARE FOR MARKETING PURPOSES ONLY)

FORMAT: **ALL 4 MEMBERS MM/FF**

TIME: **12MIN TIME CAP**

IN ASSOCIATION WITH

**LES MILLS**

### WORKOUT ALL DIVISIONS

Row 500m (250m per athlete)	RX	45/35
50 Thrusters (Synchronised, 25 per athlete)	Intermediate	35/25
50 Bar facing burpees (Synchronised, 25 per athlete)	Masters	35/25
Thruster	<b>NO DROPPING OF THE BARS WITH 5KG PLATES</b>	

### OVERVIEW:

On 3...2..1..go The male pair will hop on the rower and begin the 250m row each. If one male finishes before the other they must remain on the rower until both have completed the 250m. They will get off the rower and move to their bars and begin their 25 synchronised thrusters each.

Following the synchronized thrusters they must place the bars down and begin their 25 synchronized burpees each. The female pair may hop onto the rower during the burpees but may not begin until each male tags them at the end of their burpees. The females follow the same sequence.

### MOVEMENT STANDARDS:

#### ROWER DAMPER

Will be set on 5 for all athletes.



#### BURPEES:

Chest must touch the ground, jump over the bar with 2 feet and land with 2 feet. Body must be 90 degrees to the bar, any other angled position to the bar will be called a no rep. All burpees will be completed over a loaded bar.

Synchronised burpee means both athletes must have their chest touching the ground at the same time. Synchronised thruster means both athletes must hold their bar above their heads fully extended at the top of the movement at the same time.



#### THRUSTERS

A standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees.

A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



### SCORING

Scoring is based on time. 1st place is 1 point, second place is 2 points etc