

QWOD2 Elite

10 min AMRAP

4 Ring Muscle Ups

12 Pistols

8m Handstand Walk

12 Pistols

Workout Flow

On the call “3,2,1,Go” the athlete starts with his/her first set of 4 Ring Muscle Ups, 12 Pistols, 8m HSW and 12 Pistols. He/she repeats the same procedure until he/she hits the 10 min time cap. The score is the total amount of reps completed within the 10 min time cap.

Standards

Ring Muscle Up:

The Ring Muscle Up starts with the athlete hanging from the rings with elbows locked out and ends with the athlete on top of the rings with elbows clearly locked out. Heels crossing the horizontal line of the bottom of the rings is a no rep.

Pistol:

One legged squat, alternating each rep. The hands may assist to hold the other leg, however you can not rest the non working leg on the working leg. The heel of the front foot cannot touch the floor. If you miss one rep the athlete has to repeat the rep with the same leg.

Handstand walk:

The athlete has to start with both hands behind the first line. The line has to be clearly marked with tap or chalk every 2m. If the athlete fails the Handstand Walk, he/she has to walk back and start behind the last successfully passed line. Each passed 2m segment counts as one rep.