

QWOD2 Intermediate

Part A:

8 min AMRAP

(alternating Rounds of)

14 Goblet Squats (24/16)

7 Pull Ups

into

Part B:

4 min AMRAP

(split reps as needed)

1 Bar Muscle Up

12 Pistols

Workout Flow

This workout consists of two parts with two separate scores. Part A is an 8 min AMRAP of 14 Goblet Squats and 7 Pull Ups. Athlete A has to complete one total round, then Athlete B can continue with his/her round. After the 8 min time cap, Part B starts immediately. Part B is a 4 min Amrap of 1 Bar Muscle Up and 12 Pistols. The athletes can split reps as needed. There is NO requirement for the athlete to do a rep.

Standards

Goblet Squat:

The Goblet Squat requires full depth (hip crease below knee cap) in the bottom position and hips and knees locked out at the top. The kettlebell has to be in front of your body with both hands touching the kettlebell. Resting the kettlebell on your shoulder is a no rep.

Pull Up:

The athlete starts hanging from the bar, elbows completely extended. To complete the rep the athlete has to have the chin clearly over the bar. Any style of Pull Up is allowed.

Bar Muscle Up:

The Bar Muscle Ups starts with the athlete hanging from the bar with elbows locked out and ends with the athlete on top of the bar with elbows clearly locked out. The athlete is required to have a grip at the bar with both hands at all time. Heels crossing the horizontal line of the bar leads into 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.