

QWOD3 Elite

In 15 min window (*complete Part A AND Part B*)

Part A:

For time:

100 DU

75 Wall Balls (9/6)

50 cal Row

25 Power Cleans (60/40)

into Part B:

Find a 1RM of

“Snatch + Hang Snatch + OHS”

Workout Flow

This workout consists of 2 parts and has an overall 15 min time cap for both parts. On the call “3,2,1,Go” the athlete starts with the first part of the workout. After finishing part A, he then immediately continues with the second part until he reaches the 15 min time cap.

This workout will have 2 separated scores. Your first score is the time you need to complete Part A. Your score for Part B is the heaviest weight for your completed Snatch Complex.

Standards

Wall Ball:

A Wall Ball requires full depth (hip crease below knee cap) in the bottom position and the ball touching the target or a wall over the required height (304 cm/10 feet or 274 cm/9 feet).

Row:

Concept 2 Rower required.

Power Clean:

A Power Clean starts from the floor and has to be cleaned in a fluent motion. Hang Clean or any other stop in the movement is a no rep. At the end position the elbows are clearly in front of the bar with hips and knees locked out.

Snatch Complex:

The complex has to be performed unbroken. Any style of Snatch is permitted. The Overhead Squat requires full depth (hip crease below knee cap) in the bottom position and hips and knees locked out at the top. Any Person is allowed to load and unload the bar. The athlete can use a separate bar for Power Cleans in Part A and the Complex in Part B.