

QWOD3 Intermediate

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

Part A:

For time

150 Wall Balls

2k Row

into

Part B:

Find a 1RM of

“Snatch + Hang Snatch + OHS”

Workout Flow

This workout consists of two parts and has two separate scores. Part A is for time. Part B is for max weight. Please add the max weights of both athletes for the final score of Part B.

For Part A both athletes can work at the same time. Athletes can split reps as needed, however they can not be at the same exercise at any time. For Part B only one athlete at a time is allowed to lift. However athletes are allowed to use two separate bars and can assist each other with loading the bar.

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.

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.