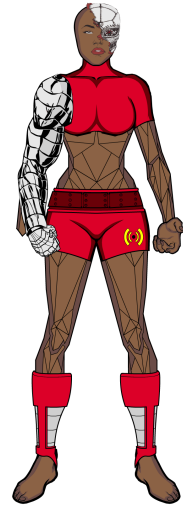




**2017 CFuNKY Throwdown  
BE YOUR OWN HERO!  
WOD 3**



**Diane the Destroyer**  
8 Minute Time Cap

**Equipment:**

Concept Rower  
225/155 RX  
185/125 Scaled

**WOD:**

42-30-18  
Deadlifts  
HSPU

Then complete the following: 100 Calorie Row

**Total Points Possible: 280**

**Description:**

At 3,2,1 go, teams will begin Deadlifts with only one partner working at a time to complete a total number of 42 reps. Once a total of 42 reps have been completed teams will move on to 42 HSPU, once again only one partner working at a time. Teams will continue in fashion until 48, 30, and 18 reps have been completed. As soon as the reps are completed, partners will move on to row. Teams can not start row until both partners reach the row start line. Teams will decide which partner will row first while the other rests. Teams will attempt to complete 100 calorie row within the time cap. In the event of a tie, the tie break time will be the completion of the 48, 30, 18 reps.

**Standards:**

**Row:**

- The monitor on the rower must be set to zero at the beginning.
- Athletes must tag partner to switch.

**Deadlifts:**

- The barbell begins on the ground.
- This is a conventional deadlift with the hands outside the knees.
- The barbell is lifted until athletes' hips & knees reach full extension with the shoulders behind the bar.
- The arms must be straight throughout.
- No bouncing.

**HSPU:**

- Both athlete's hands must be inside the designated HSPU area.
- HSPU starts with both athlete's arms fully extended before lowering to the ground.
- Both athlete's heads must both be touching the ground at take off of each rep.
- Both athletes must be completely locked out at the top before starting the next rep.

**Hand Release Push Ups:**

- Athlete must maintain a straight body position throughout the Push Up.
- No worming, snaking, sagging or pushing up from the knees.
- Elbows must be fully locked out at the top of the Push Up.
- The chest must touch the floor and hands must be lifted completely off the ground.