



**2017 CFuNKY Throwdown**  
**BE YOUR OWN HERO!**  
**WOD 2**



**The Freaky Frellen**  
Fran + Helen  
12 Minute Time Cap

**Equipment:**

95/65 RX  
75/55 Scaled

53/35 RX KB  
44/25 Scaled KB

**WOD:**

Run 400m Run (20pts)  
21 Thrusters  
21 KB Swings  
21 Pull Ups/Pull Ups or Jumping Pull Ups

15 KB Swings  
15 Pull Ups/Pull Ups or Jumping Pull Ups

Run 400m Run (20pts)  
15 Thrusters

Run 400m Run (20pts)  
9 Thrusters  
9 KB Swings  
9 Pull Ups/Pull Ups or Jumping Pull Ups

**Total Possible Points: 195**

**Description:**

At 3,2,1, go both athletes will begin the 400m run together. In order to begin Thrusters both partners must be present in their designated lane. Only one partner working at a time, teams must complete all 21 Thrusters, 21 KB Swings and 21 Pull Ups in that order. Teams may divide the reps however they chose. Once completed both team members must complete the 2nd 400m run. Once again both partners must be in their lane prior to starting the set of 15 Thrusters. The workout will continue in this fashion until all rounds have been completed. The tie breaker for this round will be the completion time of the first round.

**Standards:**

**Run:**

- Partners do not need to stay together, however, both partners must run and must both complete the 400m run prior to starting Thruster reps.

**Thrusters:**

- Athlete may clean (squat) the first rep but must meet depth requirement and all other requirements to be considered a good rep. A power clean and then a squat is also acceptable for the Virst rep as long as all other requirements are met.
- Athlete must go below parallel in the squat before thrusting bar over head.
- There must be one movement from the squat to the overhead position.
- Arms, hips, and legs should be fully extended at the top of the thruster to be considered a good rep

**KB Swings:**

- Arms fully locked out at the top with kettlebell overhead (ears should pass beyond arms)
- Hips/knees fully extended at the top of the swing.

**Pull Ups:**

- Athlete must begin at the full hang position.
- Jumping up or bent arms at the start are not considered good reps.
- Chin must be clearly over the bar.
- Butterfly and kipping pull ups are permitted as long at all other requirements are maintained.

**Jumping Pull Ups:**

- When standing with arms overhead, top of Pull Up bar must meet the bottom of wrist.
- Athlete must begin with arms fully extended.
- Each rep thereafter must begin with arms fully extended below the Pull Up bar.
- Athlete's chin must clear the Pull Up bar to complete the rep.