



## Throwdown the Gauntlet!

### **WOD #3**

#### **Graceabel Kelly**

Grace + Isabel + Kelly

15 Minute Time Cap

#### **Equipment:**

135/95 RX

115/75 Scaled

Wall Ball 20/14 - 10ft/9ft RX

Wall Ball 20/14 - 9ft/8ft Scaled

Box Jump 24/20 RX

Box Step Up or Jumps 24/20

#### **WOD:**

For Time:

Run 400 meters

10 Clean & Jerks

10 Snatch

30 Box Jumps

30 Wall Balls

Run 400 meters

10 Clean & Jerks

10 Snatch

30 Box Jumps

30 Wall Balls

Run 400 meters

10 Clean & Jerks

10 Snatch

30 Box Jumps

30 Wall Balls

**One person working at a time, however, teams must run together.**

**Description:**

At 3,2,1 teams will start the round with a 400m run. Once both team members have returned the athletes may begin the following movements in this order: clean & jerks, snatch, box jumps, and wall balls. All reps may be divided however the teams choose as long as all the reps are completed to standards. For example, one team may decide that one athlete will complete all the clean & jerks and the other athlete will complete all the snatches or may be the teams divide the reps in half. All rounds will be completed in this fashion. If a team completes all three rounds under the time cap their score will reflect the time they completed. If a team does not complete all the reps a sec for each rep not completed will be added to the score.

**Standards:****Grace - Clean & Jerk:**

- Clean may either be a power clean or a regular clean (squat).
- There must be two distinct movements: Clean and then Jerk.
- Arms, hips, and legs must be fully extended at completion.
- If split jerking feet must finish side by side with arms, hips and legs fully extended.

**Isabel - Snatches:**

- The snatch can either be a Power Snatch or a regular Snatch (squat).
- **You must** catch the bar fully locked out. Arms bent on the catch will be considered a no rep.
- At the finished position, arms, hips, and legs must be completely locked out.

**Kelly - Wall Balls & Box Jumps:**

- **Wall ball:** The depth of the squat must be below parallel and the ball must hit inside the wall ball target or above to be considered a good rep.
- **Box Jump:** Athlete must jump with two feet from ground to box. The hips and knees must open fully at or above the height of standing on the box to be considered a good rep.
- **Box Step Ups:** Scaled athletes may choose to step up on to the box. At the top of the box, the hips and knees must open fully at or above the height of standing on the box to be considered a good rep