



WOD # 2

Mean Mary

9 Min AMRAP

Equipment:

Pull Up Bar/Pull Up Bar w/ Box

Kettlebell 44/25

Optional Equipment:

Abmat

2x 25lb plates

WOD:

As Many Rounds as Possible in 9 Min

5 HSPU/Scaled - Hand Release Push Ups

10 Pistols (alternating)/Scaled - Goblet Squat

15 Pull-ups/Scaled - Jumping Pull Ups

10 HSPU

20 Pistols, alternating

30 Pull-ups

15 HSPU

30 Pistols, alternating

45 Pull-ups

**Continue to add 5, 10 & 15 reps each round until time

**Only one person working at a time

Total Points Possible: 360

Description:

The goal is to complete as many rounds of "Mean Mary" within 9 minutes. At 3,2,1 go, teams will begin the first round of mean Mary. Only one team member may be working at a time. Reps may be split however the teams choose as long as all reps are completed to the standard. Each round the rep scheme increases by 5 HSPU, 10 pistols, & 15 pull ups. Athletes will be scored on the number of reps completed.

Standards:

HSPU:

- Athlete's hands must be inside the designated HSPU area.
- HSPU starts with athlete's arms fully extended before lowering to the ground.
- Athlete's head must both be touching the ground at take off of each rep.
- Athlete 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.
- Feet/Toes must stay planted firmly on the ground and never come off the floor.

Pistols or One Legged Squats:

- The pistol begins in the standing position
- The hip crease must be below the top of the knee at the bottom position (below parallel).
- Lifted leg must not touch the ground until athlete has reached standing position.
- If the athlete fails a pistol, athlete must complete that rep before moving to next leg.

Goblet Squats:

- The kettlebell will be held upside down in both hands and centered on the body.
- The squat movement starts with knees and hips fully extended.
- At the bottom of the squat, the hip crease must be below the top of the knees (below parallel).
- To complete the rep, athlete must return to start position
- If the athlete drops the kettlebell, the athlete will have to start the rep from the start position.

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 as 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.