

Please Hold for Jackie:

Time Cap: 9 Min

For Time:

1000m Row - Partner Deadlift hold
50 Thrusters - Partner Overhead Hold
30 Pull Ups- Partner Dead Hang on Bar



RX Athletes:

Thrusters 75/55
Pull Ups
Deadlift Hold 225/155
Overhead Hold 75/55

Scaled Athletes:

Thrusters 45/35
Jumping Pull Ups/Pull Ups
Deadlift Hold 185/135
Overhead Hold 45/35

** Partner A rowing while partner B performs a deadlift hold. Partner A is not allowed to row until barbell is lifted off the ground by partner B. **Anytime barbell touches ground partner must stop rowing.** Athletes may switch at anytime.

Once row is completed, partners remove plates to empty barbell. Partner A begins thrusters while partner B holds barbell over head. **If barbell is lowered partner A must stop working. Partners may switch at anytime.

**Once thrusters are completed teams will begin pull ups. Partner A will begin pull ups while partner B dead hangs on rig. Feet must be off ground before partner A can begin working. Partners may switch at anytime.

Attention: Those teams that do not complete the workout under the time cap will be deducted 1 sec for every movement not completed.

Description and Standards:

Female partner will begin this wod while the **male partner** holds the deadlift. Partner A will begin chipping away at the 1000m row. If the partner holding deadlift breaks full extension at anytime, partner A **must stop** working. **Please note: Each team member must row a minimum of 250m on the rower** but teams must have a combined 1000m on the row before moving on to thrusters. Partner A or B may start thrusters however only after the partner holding barbell is locked out overhead. Team will complete a total of 50 thrusters switching as needed. If non working partner lowers arms and/or arms break overhead, partner working **must stop** until arms are fully locked. Once thrusters are completed, teams will move to on pull ups and dead hangs. Either partner may start the pull ups but the non working partner must be dead hanging from rig with feet off the floor before reps will count. Partners may switch at anytime. Please Hold for Jackie is completed when all movements have been completed or the time cap has been reached.

Row:

- Rower must set to zero at the beginning of row.
- Athlete must stay seated on the rower until the rower reads 1000m.

Deadlift Hold:

- Deadlift begins with the barbell on the ground and hold begins when the athlete stands the weight to full extension of the knees and hips, with head and shoulders behind the bar at the top of the movement.
- Athletes may choose any grip they like but their feet must be inside their hands.
- Sumo stance is not permitted.

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 first 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.

Overhead Hold:

- Barbell must be fully extended over athletes head; Arms must be locked out.
- Athlete may choose any means to get barbell overhead as long as above requirements are met.
- If arms break at any point, working partner must stop working.

Pull Ups/Jumping Pull Ups:

- Athlete must begin at the full hang position or arms fully extended.
- 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** - If using a box for jumping pull ups, your wrists should reach exactly at top of bar when standing tall and arms fully extended.

Dead Hang on Rig:

- Arms must be fully extended from rig and feet must not touch the ground.
- If athlete's feet touch the ground at any point, working partner must stop working.