

Sisters: Lean & Mean

Nancy & Isabel:

Time Cap: 14 Min

5 Rounds for Time:

400m Run

6 Snatch

15 OHS



RX Athletes:

Snatch & OHS 115/85

Scaled Athletes:

Snatch & OHS 75/55

**Both partners will run. During all other movements, only one person working at a time. Score is the total time it takes to complete all rounds.

Description and Standards:

At 3,2,1 teams will start the round with a 400m run together. Once the run is completed, both team members must be inside their lane prior to start of the Snatch movement and then OHS. All reps may be divided however the teams choose as long as all the reps are completed to standards. Teams must stay inside their lane until all reps are completed before starting the next 400m run. All rounds will be completed in this fashion. The team with the fastest Nancy + Isabel will be the winner of this wod. If you do not complete all rounds and movements under the time cap there will be a 1 sec penalty per rep not completed. **PLEASE NOTE:** Teams **must** complete the whole 400 meters in order to receive credit for the runs, therefore, if a team starts the last run but time caps before completing the run the teams will only receive credit for four completed rounds **unless** the teams complete the run before time cap. In the event there is a tie, the tie breaker will be the time of the last completed round. Therefore, if two teams finish all five rounds and tie, the tie break time is the fastest completed time of the fourth round.

Snatch:

- 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.

Overhead Squat:

- A full snatch is permitted but not required to start the movement as long as the standard depth is achieved.
- The hip crease must be below the knee at the bottom of the squat.
- For a complete rep, the hips and knees must fully open at the top with the barbell locked out overhead.
- Movement will start when athlete has barbell overhead and arms locked.
- Athletes must descend below parallel with hip crease below knee.
- Athletes will ascend to reach full extension at the top of the movement with arms, hips and knees at full extension.