



## 2017 CFuNKY Throwdown BE YOUR OWN HERO! WOD 1



### **The Sinister Triplets**

Grace + Isabel + Karen  
10 Minute Time Cap

#### **Equipment:**

135/95 RX  
115/75 Scaled

20/14 RX & Scaled Wall ball  
10ft/9ft RX  
9ft/8ft Scaled

#### **WOD:**

One person working at a time chipping away at the following:

Partner A performs all Grace reps = 30 Clean & Jerks

Partner B performs all Isabel reps = 30 Snatches

Together, one person working at a time completes Karen = 150 Wall Balls

**Total Points Possible: 210**

#### **Description:**

Team decides which partner will complete Grace and who will complete Isabel. Once a declaration of who is completing which movement the athletes MUST stick with that particular movement. At 3,2,1 go teams will begin chipping away at both the Clean & Jerk and the Snatch, however, only one partner at a time can be working using only one bar. Once a total of 30 Clean & Jerks and 30 Snatches have been completed the team will begin working together to complete all 150 wall balls; only one athlete working at a time. There is a 10 minute time cap for this workout. The tie breaker for this workout is the time of completion of both Grace and Isabel.

#### **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.

##### **Karen - Wall Balls:**

- 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.