

**LAST
MAN
STANDING**



**WOD
DOCUMENT**

Elite Seeding WOD

Friday 1st June

Time Cap: 4 min

Station	Movement Description	Elite
1	10 x Calorie Ski Erg	x
2	10 x Ring Dips	x
3	10 x Air Squats	X
4	10 x Box Jumps	X

WOD Explanation:

- The WOD is a 4 minute team relay.
- Athletes will start against the fence on the one side of the arena.
- Each athlete must do all movements in the above order.
- At the call 3-2-1-GO, fist team member will start on Ski Erg, when athlete is done with the 10 calories he/she can move onto the ring dips while team member 2 can start on the Ski Erg. Team will follow each other, one after the other, until last member of the team is done with their 10 Box jumps. To call time, all four team members must be over the line which will be indicated to you.
- Only one person may work at a time at each station, if team member 2 catches up with team member 1, they will need to wait until team member 1 has completed that station/movement.

WOD Scoring:

The score will be the fastest time the team finishes all the movements in the sequence.

A penalty second will be awarded for each uncompleted repetition.

Tie Breaker: First team member that has completed all four movements.

See example below.

Every uncompleted Rep = 1 penalty Second. (1 rep = 1 sec)

Example: 4 Uncompleted reps: Score = 14:04

Movement Standards

Movement 1: Ski Erg

Good Rep

- The athlete may begin the workout standing on the Ski Erg platform but may not grab the handle until the call of “go.” The monitor must be set to zero at the beginning of each round. The athlete or the judge may reset the monitor at completion of the workout once the score has been captured. Abuse or damage to the ski erg will result in an instant yellow card and 5 burpee penalty. During this penalty no activity may be undertaken on the ski erg.

Movement 2: Ring Dips

Good Rep

- Movement starts with both arms extended on rings.
- Athlete must then drop down and biceps must touch the rings before coming up.
- At the top of the movement there must be a clear lock out of the elbows
- Coming up athlete can kip or strict press.
- Feet may not touch the ground or assist in anyway to push up.

No Rep

- If arms are not extended on top
- If biceps do not touch the rings before coming up
- If feet touches the ground or assist athlete in anyway coming up.

Movement 3: Air Squats

Good Rep

- Start with hips and knees extended
- Hip crease must reach below top of the knee.
- Finish with hips and knees fully extended.

No Rep

- Not reaching full extension of hips and knees
- Hip crease not passing below parallel

Movement 4: Box Jumps

Good Rep

- This is a two-foot jump onto the box.
- The hips and knees must open fully while in control on top of the box.
- You may jump down or step down but you must jump up.

No Rep

- If the Athlete does not land on the box with both feet at the same time.
- If there is no clear and controlled lock out at the top of the box.
- If both feet don't land fully on the box, if a part of the heel is off the box.