



REYKJAVIK CROSSFIT. CHAMPIONSHIP

ONLINE QUALIFIER WOD'S

QUALIFIER – WOD 1

1A

For time:

21 Alt. dumbbell snatches

21 box jump-overs

15 Alt. dumbbell snatches

15 box jump-overs

9 Alt. dumbbell snatches

9 box jump-overs

..then

27 dumbbell squats

27 burpee box jump-overs

18 dumbbell squats

18 burpee box jump-overs

..then

45 dumbbell box step overs

Time cap: 12 minutes to complete 1 A (do not stop the clock)

Women use 15kg/35-lb. dumbbells and 20-in. box. Men use 22.5kg/50-lb. dumbbells and 24-in. box.

1B

On the 15 minutes mark start

8 squat cleans 85/50kg.

6 squat cleans 100/65kg.

4 squat cleans 125/80kg.

2 squat cleans 145/90kg.

Time cap: 5 minutes to complete 1 B

QUALIFIER – WOD 2

2A

For time:

Three rounds of:

75 double unders

15 power snatch 50/35kg.

Time cap: 6 minutes to complete 2 A (do not stop the clock)

2B

On the 10 minutes mark start

For reps:

6 minutes AMRAP

10 back squats 80/55kg.

5 bar muscle-ups

QUALIFIER – WOD 3

For reps:

20 minutes AMRAP

12 cal. row

10 T2B

8 S20 60/40kg.