



The Dutch Throwdown Kwalificatie 2017 / 2018

Qualifier WOD1 **Grace kills Karen** For time

	Rx	Advanced	Scaled
10 Clean & jerk*	60/40	40/25	30/15
50 Wallballs	9/6	9/6	9/6
10 Clean & jerk			
50 Wallballs			
10 Clean & jerk			
50 Wallballs			

***Shoulder 2 overhead is allowed**

Grace" (aka: "Amazing Grace.") is one of the original "CrossFit Girls" workouts. It was first posted as the workout of the day on crossfit.com for June 24, 2004.

Clean and Jerk

In this movement the barbell goes from the ground to the front rack position, then to the overhead position. The movement is completed when the athlete is in a standing position with knees and hips fully extended with the barbell overhead and the arms fully extended at the elbows and shoulders. It is not necessary to pass through a full squat.



The Karen WOD is a Benchmark Girl WOD used in CrossFit workouts to assess an athlete's progress over time.

Wall Ball

The medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target. Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is a 'no rep'.

