



The Dutch Throwdown Kwalificatie 2017 / 2018

**Qualifier WOD 2 Cindy Dottir**

**AMRAP in 10 minutes**

**Buy-in 500 row\***

**Amrap Cindy in remaining time**

**5 pull ups**

**10 push up\***

**15 airsquats**

**\*there is a tiebreak after the buy in (log wod 2a)**

**\* Push ups are hand released**

**SCALED will do Jumping pull ups, and hand released knee push ups**

**Rowing**

This exercise will be done for distance and the athlete may not leave the rower until the required number of distance has been achieved. (500 row) **is tie break Log wod 2 A**

**Pull Up**

This is a standard pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chin must break the horizontal plane of the bar. Sets of repetitions must begin in the dead hang position, jumping into the first rep is not permitted.

**Jumping Pull Up (scaled)**

For the jumping Pull ups, the correct height is determined by having the pullup bar and reaching upward. The athlete's wrist must be in contact with the bar in this position. Add or remove plates or boxes for the athlete to stand on until this is achieved. all the requirements of the pull-up remain the same.



**Push up**

Chest and chin touch the floor simultaneously at the bottom of each rep; full elbow extension at the top of each rep. Hand released every time! Pelvis don't touch the ground at any time.

**Knee Push up (Scaled)**

by placing your knees on the ground. All the requirements of the push-up remain the same

**Airsquats**

From a standing position, lower your body using knee and hip flexion until the crease in your hips rests lower than your knees. Return to the starting position by standing, extending the knee and hip joints.