

Columbus Movement Standards

Event: 10/06/2024 At CrossFit CSG

Workout #1:

Wall Walks: Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK). Both hands must remain on the tape until both feet are on the wall. At the top of the movement, both hands must touch the tape line for the 10-inch mark before the athlete can descend. Any part of the hand may touch the tape line.

Thrusters: For all divisions, we will want to see a good rep for the thruster. The hip crease must be below the knee at the bottom of the squat, and the bar immediately pressed overhead without hesitation or a redip-drive (ie a thrustajerk) A good rep will be called when the bar is locked out overhead, hips open, knees locked out and the head is through the window. Failure to lock out, hit depth, or push head through the window will be a no rep.

Workout #2:

Ground To Overhead: Each rep begins with the barbell on the ground. Any variation of a snatch or clean and jerk is acceptable. Touch and go is permitted, but deliberately bouncing the barbell is not. Dropping from overhead is OK, but the bar must settle on the ground before the next rep.

Double Unders: A double under is when the rope passes underfoot twice per jump, and the rope may rotate forward or backward.

Single Unders: A single under is when the jump rope passes underfoot once per jump. The rope may rotate backwards or forward

Workout #3:

Row: Once the prior work is completed athletes will set up on a rower set to calcs, and row for the required calories. Once they hit that number, the clock stops. The damper may be set to whatever you decide..

Burpee: Individual starts from a standing position and squats down to the floor then jumping/stepping back into a push up position. From there the individual drops their hips and shoulders to touch the floor. Individual may jump or step forward and return to a standing position with hips fully open and complete the movement by performing a small hop/jump with a clap overhead.