

PRE WORKOUT: BOTTOMS UP

ELITE – RX

AMRAP (7 MIN TIME CAP)

2-4-6-8...

Synchronized Wall Walks to Wall Facing HSPU (all 4)

Synchronized Dumbbell Snatches (all 4)

ELITE - RX

32.5 kg – 25 kg- 20 kg – 17.5 kg

MASTERS

25 kg – 22.5 – 20 kg – 17.5 kg

SCALED

22.5 kg -20 kg – 17.5 kg – 15 kg

MASTER & SCALED

AMRAP (7 MIN TIME CAP)

2-4-6-8...

Synchronized Wall Walks (all 4)

Synchronized Dumbbell Snatches (all 4)

NOTES:

- Workout Starts with all 4 athletes standing in front of the dumbbells
- After the Countdown, all 4 athletes commence the first round of synchronized wall walks
- Once the round of gymnastics movements is completed the athletes move to the dumbbell movement.
- Every team must complete as many rounds as possible during the 7 min time cap, adding 2 more reps to each movement every new round.
- All movements must be synchronized between all 4 athletes
- Each athlete can use any of the 4 dumbbells and change the weight after each successful rep.

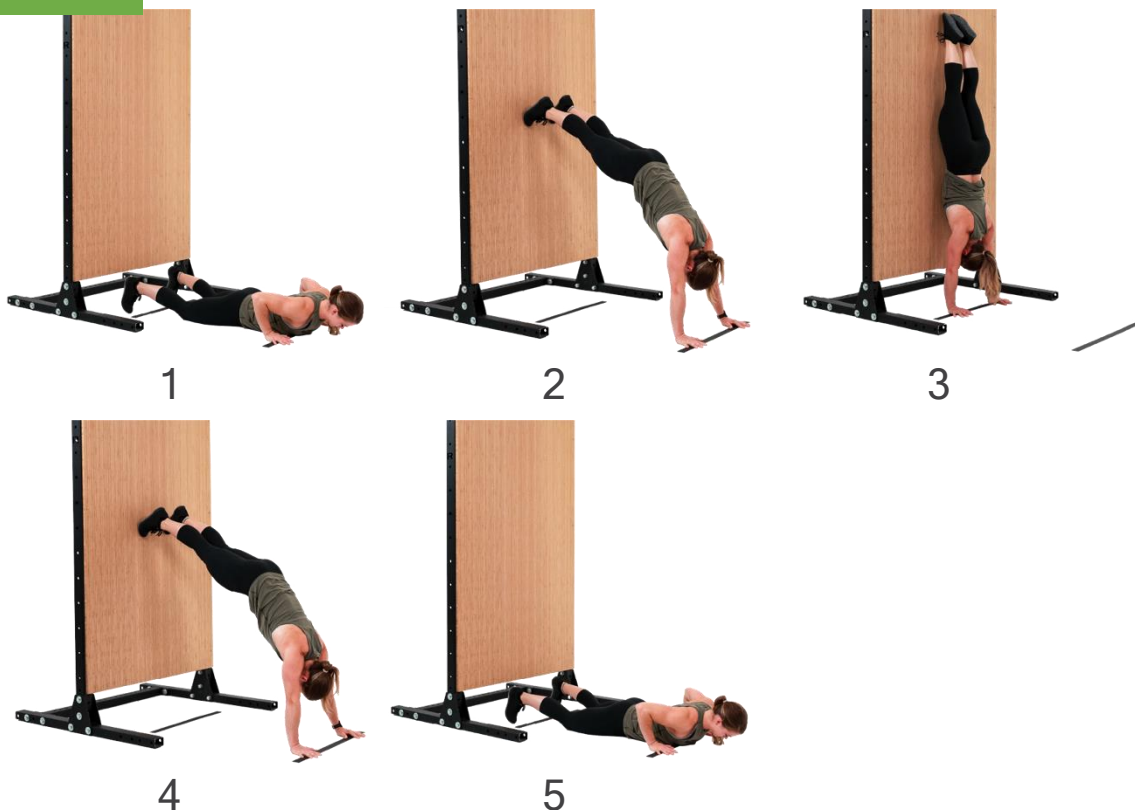
VIDEO SUBMISSION

- A video Submission is required for the workout.
- Video Submission must follow CrossFit Games Standards:
- All 4 athletes must be in frame at all times
- Timmer must be clearly visible.
- Video should be done in a single take and shall showcase the equipment used.
- Angle of the filming shall allow to visualized clearly each rep
- Videos are to be uploaded to any platform video sharing of your choice. Video link can be submitted alongside with the score to support@urbanthrowdown.com , stating the name of the team and the category

MOVEMENT STANDARDS

WALL WALKS

REQUIREMENTS



1. Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
 - At the start and finish of each rep, both hands must touch the 60/55-inch tape line (fingers touching is **OK**).
2. Both hands must remain on the tape until both feet are on the wall.
3. At the top of the movement, both hands must be on the 10-inch line before the athlete may descend.
 - Any part of the hand may touch the tape line.
4. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line.
5. The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground.
 - Any part of the hand may make contact with the tape line.
6. **Synchronization of the movement is at the top of the Wall Walk**

FUELLED BY



QUALIFYING EVENT



COMMON NO REPS

NOTE: This list is not exhaustive.



Hands leaving the 60/55-inch line before both feet are on the wall.



Not reaching the 10-inch tape line before descent.



Feet touching the ground before both hands have touched the 60/55-inch line.



Measuring the tape lines incorrectly.

WALL FACING HANDSTAND PUSH UPS

REQUIREMENTS



1



2



3

1. Each rep begins and ends in the lockout position with:

- Both hands touching the tape line. Any portion of the hands may be touching the line (fingers **OK**).
- Toes against the wall.
- Both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending.
- There is no requirement for how an athlete gets into the starting position (lockout) against the wall.
- The legs must remain straight throughout the entire movement.

2. At the bottom, the head must make contact with the ground.

- The head does **NOT** need to touch the tape line.

3. Each rep is credited when the athlete returns to the lockout position with:

- Toes on the wall.
- Arms, hips, and legs fully extended.
- Shoulders in line with the body.

COMMON MISTAKES



One of both hands coming off the designated tape line.



Not reaching the correct finishing position with the arms extended.



Feet wider than the width of the hands at lockout.

DUMBBELL SNATCHES

REQUIREMENTS



1



2



3

1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with, or behind, the body when viewed from the side
 - All 4 athletes synchronized at the top of the rep.

COMMON NO REPS

NOTE: This list is not exhaustive.



Placing the non-working hand/ arm on the thigh or anywhere on the body.



Touching only one head of the dumbbell to the ground or not touching the ground at all.



Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.

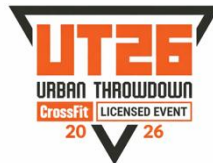


Finishing with the dumbbell in front of the body.

FUELED BY



QUALIFYING EVENT



SCORE CARD: ELITE – RX

ELITE – RX

AMRAP (7 MIN TIME CAP)

2-4-6-8...

Synchronized Wall Walks to Wall Facing HSPU (all 4)

Synchronized Dumbbell Snatches (all 4)

2 SYNCHRO WALL WALKS TO HSPU	2
2 SYNCHRO DB SNATCHES	4
4 SYNCHRO WALL WALKS TO HSPU	8
4 SYNCHRO DB SNATCHES	12
6 SYNCHRO WALL WALKS TO HSPU	18
6 SYNCHRO DB SNATCHES	24
8 SYNCHRO WALL WALKS TO HSPU	32
8 SYNCHRO DB SNATCHES	40
10 SYNCHRO WALL WALKS TO HSPU	50
10 SYNCHRO DB SNATCHES	60
12 SYNCHRO WALL WALKS TO HSPU	72
12 SYNCHRO DB SNATCHES	84
14 SYNCHRO WALL WALKS TO HSPU	98
14 SYNCHRO DB SNATCHES	112
16 SYNCHRO WALL WALKS TO HSPU	128
16 SYNCHRO DB SNATCHES	144
TOTAL REPS	

TEAM NAME: _____ CAT: _____ SCORE: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

PRE WORKOUT

TEAM NAME: _____ CAT: _____ SCORE : _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

FUELED BY



QUALIFYING EVENT



SCORE CARD: MASTERS & SCALED

MASTER & SCALED

AMRAP (7 MIN TIME CAP)

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PRE WORKOUT

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