



THE AMSTERDAM
THROWDOWN ©



**WODS &
MOVEMENT BOOK**

WOD 17.1

With a running clock for 16 minutes...

ELITE & MASTERS

Minute 00:00 – 03:00: Find your 1RM Clean & Jerk

Minute 03:00 – 13:00: 10 minutes AMRAP of...

2 Handstand push-ups *
2 Chest to bar pull-ups **
2 Thrusters (M: 42.5kg / F: 30kg) ***

4 Handstand push-ups
4 Chest to bar pull-ups
4 Thrusters (M: 42.5kg / F: 30kg)

6 Handstand push-ups
6 Chest to bar pull-ups
6 Thrusters (M: 42.5kg / F: 30kg)

Etc...

Minute 13:00 – 16:00: Find your 1RM Clean & Jerk

TEENS & SCALED

TEENS will perform the following adjusted movements for the AMRAP:

2 Shoulder to overhead (M: 42.5kg / F: 30kg)
2 Pull-ups
2 Thrusters (M: 42.5kg / F: 30kg)

4 Shoulder to overhead (M: 42.5kg / F: 30kg)
4 Pull-ups
4 Thrusters (M: 42.5kg / F: 30kg)

Etc...

SCALED will perform the following adjusted movements for the AMRAP:

2 Shoulder to overhead (M: 30kg / F: 20kg)
2 Jumping pull-ups
2 Thrusters (M: 30kg / F: 20kg)

4 Shoulder to overhead (M: 30kg / F: 20kg)
4 Jumping pull-ups
4 Thrusters (M: 30kg / F: 20kg)

Etc...

Workout rules



Before the start of the workout, the athlete is allowed to prepare the barbells for the Clean & Jerk and a separate barbell for the Thrusters (and S2O for Teens and Scaled).

In 3, 2, 1 – GO!

17.1A: The athlete will have 3 minutes to find their 1 RM Clean & Jerk. There is no limit to the number of attempts. Any repetition completed after the timer reaches 03:00, will be considered a no-rep. The score of the workout is the number of kilo's rounded down to .5kg (e.g. 102.75kg = 102.5kg).

17.1B: After 3 minutes, the AMRAP will immediately start. There is no transition time between the sections! Any repetition completed after the timer reaches 13:00, will be considered a no-rep. The score of the workout is the number of repetitions completed.

17.1C: After 13 minutes, the athlete will have another 3 minutes to find their 1 RM Clean & Jerk. There is no limit to the number of attempts. The score of the workout is the number of kilo's rounded down to .5kg (e.g. 102.75kg = 102.5kg).

This workout is time-capped to 16 minutes.

Assistance with loading the barbell:

The athlete is allowed to be assisted in loading the barbell in between attempts for the Clean & Jerk. However the assisting person **may not** be your judge.

Team scoring:

Each member of a team performs the workout on their own. However when submitting the scores, all scores must be combined into one:

17.1a: 100kg + 105kg + 125kg + 85kg = 415

17.1b: 100 reps + 70 reps + 83 reps + 98 reps = 351

17.1c: 80kg + 100kg + 112.5kg + 75kg = 367.5

WOD 17.2

12 minutes AMRAP...

ELITE & MASTERS

20 Calories Row
15 Toes to bar
10 Overhead squats (M: 40kg / F: 35kg)

After each completed round the weight of the Overhead Squat is increased with 10kg for the men, and 5kg for the women.

TEENS & SCALED

TEENS will perform the same movements but with an adjusted weight scheme:

20 Calories Row
15 Toes to bar
10 Overhead squats (M: 30kg / F: 25kg)

After each completed round the weight of the Overhead Squat is increased with 5kg for the men, and 2,5kg for the women.

SCALED will perform the following adjusted movements for the AMRAP:

20 Calories Row
15 Hanging knee raises
10 Overhead squats (M: 30kg / F: 25kg)

After each completed round the weight of the Overhead Squat is increased with 5kg for the men, and 2,5kg for the women.

Workout rules



Assistance with loading the barbell:

The athlete is allowed to be assisted in loading the barbell after each round for the Overhead Squat. However the assisting person **may not** be your judge.

Team scoring:

Each member of a team performs the workout on their own. However when submitting the scores, all scores must be combined into one:

17.2: 210 reps + 215 reps + 198 reps + 311 reps = 934

WOD 17.3

For time, with a running clock for 18 minutes...

ELITE & MASTERS

40 Deadlifts (M: 100kg / F: 70kg)
40 Burpee box jump over (M: 24" / F: 20")

Time-cap: 7 minutes

30 Deadlifts (M: 100kg / F: 70kg)
30 Burpee box jump over (M: 24" / F: 20")

Time-cap: 12 minutes

20 Deadlifts (M: 100kg / F: 70kg)
20 Burpee box jump over (M: 24" / F: 20")

Time-cap: 16 minutes

10 Deadlifts (M: 100kg / F: 70kg)
10 Burpee box jump over (M: 24" / F: 20")

Time-cap: 18 minutes

TEENS & SCALED

TEENS will perform the same movements but with an adjusted weight scheme:

All deadlifts are adjusted to M: 70kg and F: 50kg

SCALED will perform the same movements but with an adjusted weight scheme:

All deadlifts are adjusted to M: 70kg and F: 50kg

Workout rules



Time-caps:

This workout has several time-caps. If an athlete fails to complete the determined work within the time-cap of that section, the workout will be finished. If an athlete completes the work before the time-cap has reached, he/she may immediately continue with the next section of the workout.

Scoring:

This workout is for time. Each missed rep = one second penalty, and must be added to the time-cap of 18 minutes. Example:

At 12 minutes I needed 2 more burpees, plus I missed the 20/20 and 10/10 sections of the workout due to the time-cap for the 30/30 round. The amount of missed repetitions is 62 (2 + 20 + 20 + 10 + 10 = 62 seconds). Your score will be 19:02 (18:00 + 1:02).

If the scoring procedure for this workout is not clear, make sure to ask us on time!!

Team scoring:

Once again the score needs to be combined for all team members. Make sure to remember that a minute has 60 seconds!

Team member #1: 17:34

Team member #2: 18:42

Team member #3: 14:03

Team member #4: 19:02

Total score: 69 minutes 21 seconds

Weightlifting movements

Clean and Jerk



The Clean and Jerk consist of two distinct phases; the Clean and then the Jerk. All styles of Cleans and Presses/Jerks are allowed. Snatching is not permitted.

Starting position: The barbell starts on the ground for each attempt.

Clean: The athlete must reach the front-rack position with the barbell resting on the shoulders and the elbows in front of the bar. The hip and knees must be in full extension.

Jerk: The athlete must reach the overhead position with the barbell in-line with the athlete and the feet must be in line with the athlete's body. The hips, knees and arms must be in full extension. If the Jerk is missed, the entire movement is considered failed and the athlete must start from the ground again.



Overhead Squat



This is a standard Overhead Squat. The athlete may choose to Squat Snatch, but it is not required. The start of each repetition has the athlete in the Squat position with the hip crease below the top of the knee. The repetition is completed when the athlete reaches overhead position with the barbell and feet in-line with the body. The hips, knees and arms must be in full extension.



Thruster



Each repetition of the thrusters must move from the bottom of the front squat to full lock-out in overhead position. The crease of the hip must clearly pass the top of the knees in the bottom of the front squat. In the overhead position the knees, hip and arms must be fully locked out and the barbell in line with the athlete. The barbell rests on the ground, using a rack is not allowed.

The thruster always starts in the front-rack position. Performing a full squat clean into the thruster is allowed.



Shoulder to overhead



Each repetition of the shoulder to overhead must start with the barbell resting in front-rack position and finishes with the barbell in overhead position with the arms in full extension and in line with the athlete's body.

For the shoulder to overhead it is allowed to press, push press, push jerk and split jerk as long as the movement standards are met. The athlete is allowed to use a split-style movement, however both feet must return back under the athlete's body while lockout is maintained.



Deadlift



The deadlift starts with the barbell on the floor and the hands outside the knees (no sumo deadlift allowed), the barbell is lifted until the knees and hips reach full extension and the shoulders are behind the bar.



Gymnastic movements

Chest to bar pull-up



The start of each rep has the athlete hanging with the arms in full extension, and the rep is completed when the athlete touches the horizontal plane of the bar with the chest (must be below the collar bone).

The athlete is free to use strict, kipping or butterfly chest-to-bar pullups as long as the above mentioned standards are met.



Pull-up



The start of each rep has the athlete hanging with the arms in full extension, and the rep is completed with the athlete's chin clearly above the horizontal plane of the bar.

The athlete is free to use strict, kipping or butterfly pullups.



Jumping pull-up



Prior to the workout, the athlete must measure the distance between the top of the head and the bar. The distance between the bar and the head must be a minimum of 15 centimeters when the athlete is standing tall.

For each repetition the athlete must lower themselves until the arms are in full extension. The repetition finishes when the athlete clearly reaches with the top of the chin above the horizontal plane of the bar.



Handstand push-up



Prior to the workout, the athlete must create a box on the floor of 90cm wide and 60cm deep.

Each repetition starts and finishes with the athlete in handstand position with the arms locked out, the hips open and the heels against the wall. The hands must remain inside the prepared box throughout the entire rep.

At the bottom, the athlete's head must come in contact with the ground. The feet do not need to remain in contact with the wall for the entire movement, but must touch the wall at the start and finish of each rep. The athlete is allowed to kip.

Note! When using an abmat and plates, the athlete must make sure that the top of the abmat is level with the top of the plates.



Toes to bar



The start of each rep has the athlete hanging with the arms in full extension and the feet must be brought back behind the bar and behind the body. The rep is completed when both feet touch the bar at the same time, inside the hands.



Hanging knee raises



The start of each rep has the athlete hanging with the arms in full extension and the feet must be brought back behind the bar and behind the body. The rep is completed when the knees are raised to at least a 90° degrees angle of the athlete's body.

Monostructural

Row



The athlete is allowed to adjust the damper of the rower prior to the start of the workout, it is not allowed to adjust the damper during the workout.

At the start of each round, the athlete or judge must reset the rower to 0 calories. This action must be made clear when recording the workout video.



Burpee box jump over



While facing the box the athlete will drop with the hips and chest touching the floor. The athlete will then jump on or over the box with a 2 feet lift-off and lands on the other side of the box. Only a 2 feet lift-off jump is required, a 2 feet landing is not required.

The athlete is not allowed to touch the box with the hands at any time during the workout.

