



**BOHEMIAN
THROWDOWN**
2024

CrossFit LICENSED EVENT | 2024

WOD 3

WOD 3 BY [WORKOUT.EU](https://www.workout.eu)

Elite / Sport

EMOM 8min | 60/40kg

3x Thruster + MAX CAL ROW

4x Thruster + MAX CAL ROW

10x Thruster + MAX CAL ROW

2min rest

**5 min to find 1 rep max
Squat Clean**

Beginners

EMOM 8min | 40/30kg

3x Front Squat + MAX CAL ROW

4x Front Squat + MAX CAL ROW

10x Front Squat + MAX CAL ROW

2min rest

**5 min to find 1 rep max
Squat Clean**

Masters

EMOM 8min | 60/40kg

3x Thruster + MAX CAL ROW

4x Thruster + MAX CAL ROW

10x Thruster + MAX CAL ROW

2min rest

**5 min to find 1 rep max
Squat Clean**

This workout consists of two parts, each contributing to one result.

WOD 3

In the first part, the number of rowed calories in 8 minutes determines the outcome.

In the second part, the maximum weight for a single repetition in Squat Clean decides the result.

The athlete sets a 15-minute timer using a stopwatch, not a countdown! In such a case, the result may not be accepted. The athlete's starting position is an upright stance anywhere on the exercise surface, but they must not touch the barbell. In the first minute, the task is to complete 3x Thrusters, and in the remaining time until the end of the first minute, the athlete aims to row as many calories as possible. No later than at 1:00, they must stop rowing (end the stroke). If the minute interval ends, the athlete can return the handle to its place but cannot start a new stroke. For each stroke outside the designated time window, 3 calories will be deducted from the total result. The athlete is not obliged to row until the end of the interval. At 1:00, they can start the second interval, where they need to add one Thruster repetition,

i.e., 4x, and after completing it, they can row again, trying to row as many calories as possible. The athlete continues this way until the eighth minute, where they will need to complete 10x Thrusters and then row as many calories as possible. Afterward, there is a two-minute rest. At 10:00, the second part begins, where the goal is to lift the highest possible weight in Squat Clean within a 5-minute time window. If, at any point in the first 8 minutes, the athlete does not reach the rower or does not complete the required number of repetitions in a minute, they cannot continue with Thrusters in the next minute. Instead, after the given minute elapses, a two-minute break starts. Do not reset the display during the workout. Assistance in loading the barbell for finding the maximum weight in Squat Clean is allowed.

For example, in the 6th minute of the workout, 8x Thrusters are required. The athlete completed only 4 repetitions. This minute was the last minute of part A, followed by a two-minute break, and then a five-minute window for part B from 9:00 to 14:00.

WOD 3

Thruster

Each set begins with barbell on the ground. Moving into a half squat or deep squat is allowed. In the bottom position, the athlete must have clearly visible hips below knee level, i.e., below parallel. The repetition must be completed with a smooth movement from the bottom of the squat, pressing the barbell overhead. If the barbell stop on the way up or the athlete jumps under the barbell during the press, it will be considered as invalid repetition.

A repetition is counted when the knees, hips, and arms of the athlete are fully extended, and the barbell are directly above or slightly behind the center of the body. Athletes **MUST NOT** receive assistance in the movement or reset the barbell.

ROW

The athlete starts with a zeroed display, with calories set on the monitor. The athlete can choose the damper setting as they see fit. The athlete must not use the handle unless their feet are on the designated footrests. The rower must be from the Concept2 company.

Squat Clean

The barbell is on the floor with the athlete standing beside it. The athlete lifts the barbell and, in a smooth movement, transfers it into the bottom position of the Front Squat, ensuring hips are clearly below knee level, i.e., below parallel. Then the athlete stands up with the barbell. The repetition ends when the elbows are in front of the bar, knees and hips are fully extended, and then the athlete can drop the barbell to the ground. Throwing the barbell before full extension will be considered an invalid repetition.

Note: The use of collars is mandatory; otherwise, the repetition will not be recognized.