



**BOHEMIAN  
THROWDOWN**  
2024

**CrossFit** LICENSED EVENT | 2024



# WOD 1

WOD 1 BY **WORKOUT.EU**

## Elite / Sport

6 Rounds FT | 22,5kg/15kg

3x Devil Press w/2 DBs

6x Step box over w/2 DBs

9x Box jump over 60/50cm

## Beginners

6 Rounds FT | 15kg/10kg

3x Devil Press w/2 DBs

6x Step box over w/2 DBs

9x Box jump over 60/50cm

## Masters

6 Rounds FT | 22,5kg/15kg

3x Devil Press w/2 DBs

6x Step box over w/2 DBs

9x Box jump over 60/50cm

**WOD 1 has no Time Cap.** The workout concludes upon finishing all six rounds. The athlete sets the timer to stopwatch mode or uses, for instance, the WODproof app. Do NOT use a countdown timer. For filming the qualification workouts, refrain from using a wide-angle lens or fish-eye. All videos must be recorded horizontally, not vertically.

The athlete's initial position is an upright stance anywhere on the exercise surface. The sequence of exercises in each round remains unchanged. After initiating the stopwatch, the athlete commences the workout with the Devil Press exercise, followed by Step Box Over with two dumbbells, and the round is completed with Box Jump Over. After completing these three exercises, the athlete has finished one round and begins the second round with the same sequence of exercises. The result of the workout is the overall time the athlete needed to complete all six rounds. A faster time signifies a better ranking.



# WOD 1

## Devil Press

Each repetition starts with the athlete having dumbbells on the ground. Subsequently, with hands on the dumbbells, the athlete performs a burpee, ensuring that the chest touches the floor in the lower position. Throughout the movement, the athlete must not release the dumbbells from their hands. The athlete lifts both dumbbells from the ground simultaneously using a snatch or swing movement (clean and jerk is not allowed) and moves both dumbbells overhead. To count a valid repetition, the hips, knees, shoulders, and elbows must be in full extension.

Be aware that athlete can use the swing between his legs to lift both dumbbells above his head. The movement must be continuous, therefore, clean and jerk will not be permitted as dumbbells must not rest on athlete's shoulder to push them with jerk above the head.

## Step box over with 2 dumbbells

Athletes start with both feet on the ground on one side of the box. The athlete can transfer the dumbbells in any way, but the dumbbells must not touch the box during the ascent. Crossing over the corner of the box is NOT allowed. Only the athlete's feet may touch the box during the ascent; touching with hands or any other part of the body is not allowed. After ascending to the box, the athlete MUST descend on the other side. The athlete does not have to straighten up at the top of the box. Both feet MUST touch the top of the box. A repetition is counted when both feet touch the ground on the opposite side of the box. From there, athletes can start their next repetition.



# WOD 1

## Box jump over

Athletes start with both feet on the ground on one side of the box. Jumping onto the box over the corner is NOT allowed. Lateral jump over the box (starting with the soles of the feet parallel to the box) IS allowed. A simultaneous takeoff from both feet is always required. Only the athlete's feet may touch the box; touching with hands or any other part of the body is not allowed. After landing on the box, the athlete can descend or jump off the other side. The athlete doesn't have to straighten up at the top of the box. Both feet MUST touch the top of the box if the athlete jumps on top of the box. Rebounding, i.e., smoothly connecting jumps over the box, is allowed. A repetition is counted when both feet touch the ground on the opposite side of the box. From there, athletes can start their next repetition.