



BOHEMIAN
THROWDOWN
2024

CrossFit LICENSED EVENT | 2024

WOD 1

WOD 1 BY **WORKOUT.EU**

TEAM

6 Rounds FT | 22,5/15kg

3x Thruster 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

THRUSTER

Each set begins with dumbbells 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 dumbbells overhead. If the dumbbells stop on the way up or the athlete jumps under the dumbbells 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 dumbbells are directly above or slightly behind the center of the body. Athletes **MUST NOT** receive assistance in the movement or reset the dumbbells.

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 on the box over the corner is NOT allowed. A lateral jump over the box (starting with feet parallel to the box) is allowed. A simultaneous take-off from both feet is always required. Only the athlete's feet are allowed to touch the box, and no other part of the body is permitted to make contact. After landing on the box, the athlete can either step down or jump down on the other side.

The athlete does not need to stand upright at the top of the box. Both feet MUST touch the top of the box if the athlete jumps onto 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.

WOD 2

WOD 2 BY **WORKOUT.EU**

TEAM

AMRAP 5min

30x Pull Up

30x T2B

30x BMU / RMU*

***one team member must
perform Ring Muscle Ups**

WOD 2 is a 5-minute AMRAP.

The athlete can start anywhere they want, and upon starting the stopwatch, they begin their first set of pull-ups. After completing the required number of pull-ups, they can smoothly transition to the next movement, Toes to Bar, and finally, perform Bar Muscle Ups (one team member performs Ring Muscle Ups). The workout ends at 5:00, and the result is the number of completed repetitions.

WOD 2

PULL-UP

The athlete must start or pass through a hang under the bar, with fully extended arms and feet off the ground. A repetition is acknowledged when the athlete gets their chin above the bar level. Kipping, butterfly, or strict pull-ups are allowed. Only an overhand grip is permitted. Contact of the feet with the floor or the bar structure is not allowed.

BAR MUSCLE UP

The athlete must start or pass through a hang under the bar, with fully extended arms and feet off the ground. Kipping BMU is acceptable, but a swing or "Glide Kip" is not allowed. At no phase of the movement should the toe tips get above the bar level on which they hang. A repetition is recognized when the athlete's arms are fully locked out in the upper position above the bar, and the athlete's shoulders are above or slightly in front of the bar. Lifting hands in the support position is not allowed.

T2B

For T2B, the athlete must transition from a full hang to a position where both toe tips touch the bar simultaneously. At the beginning of each repetition, the arms must be fully extended with the legs in the air. Touching the floor is not allowed. In the bottom hanging position, the feet must be brought behind the bar level. Grip can be underhand, overhand, or alternating. Both feet must come into contact with the bar simultaneously, in the space between the hands. Athletes can wrap tape around the bar or wear hand protection but cannot tape and use hand protection simultaneously.

WOD 3

WOD 3 BY **WORKOUT.EU**

TEAM

EMOM 8min | 60/40kg

3x C&J + MAX CAL ROW

4x C&J + MAX CAL ROW

10x C&J + 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 Clean and Jerk, followed by rowing as many calories as possible in the remaining time until the end of the first minute. 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 Clean and Jerk 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 Clean and Jerk 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 Clean and Jerk in the next minute. Instead, after the given minute elapses, a two-minute break starts. The display is not reset 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 Clean and Jerk. 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

CLEAN AND JERK:

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.

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.