

**WOD UP,  
BERLIN?**

**19.1**

**4**  
#  
**IT'S  
HAPPENING!**

## **WOD UP, BERLIN? #4 is getting closer!**

This year we want to challenge all teams with online qualification workouts that will be simple and fun! No barbell movements and no heavy weights.

WOD UP, BERLIN? is a team fitness competition that brings together all Crossfit boxes in Berlin and athletes from around Europe. Teams are comprised of 2 female and 2 male athletes. Workouts are designed for every skill level, keeping more challenging exercises for the last workouts. 20 local teams from Berlin as well as Germany and Europe and at least 20 teams from online qualification workouts will battle it out for the podium spots on September 14th and 15th.

### **The 1st WOD UP, BERLIN? #4 Online Qualification Workout is an individual workout with two separate scores**

#### **Workout 19.1 A**

500 m Row

100 Double Unders

500 m Row

#### **Workout 19.1 B**

in remaining time

maximum reps of Pull Ups

**Time : 7 min**



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Each team athlete should complete this workout individually, using a Concept2 rower, jump rope and Crossfit movement standards.

Workout equipment and weights should be filmed before and after the workout. Before doing the workout the athlete should say his/ her name and team name as well as division.

We suggest all team athletes to place the camera and film the workout in the way it is shown in the graphic examples. There will be penalty points for not filming the equipment, saying athlete or team name, not meeting the movement standards or athlete leaving the camera view.

## **WORKOUT FLOW**

WORKOUT 19.1 begins with a running clock from the 0-minute mark and continues counting until completion of a 500 meter row, 100 double unders, and a second 500 meter row. After finishing the last row, the athlete goes to the pull up bar to do the maximum pull up reps until the clock reaches the 7:00 minute mark.

### **Rowing**

Athletes should turn on the display and grab the handles only when clock starts. Athletes should also reset the rower display each time before beginning to row. After finishing the workout, the athlete should show the rower display with both 500 meter rowed distances in memory.

### **Double Unders**

On the double unders, the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count and only successful jumps are counted, not attempts.

### **Pull ups**

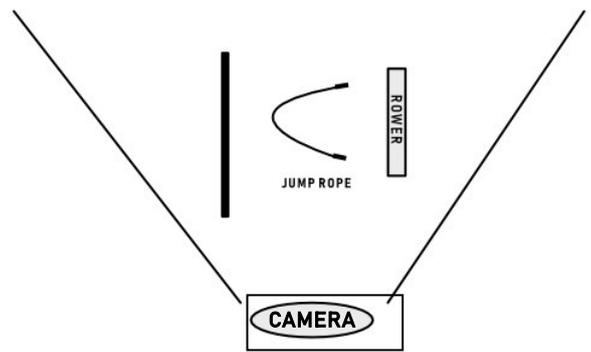
Every grip version is allowed if the athlete starts with the arms fully extended at the bottom and chin over the top of the bar. Athletes can do dead hangs, kipping or butterfly pull ups as long as all the requirements are met.

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## Camera Setup



The workout score is the summary of all 4 athletes times spent on 19.1 A and max reps Pull Ups done on 19.1 B.

### Requirements for video submission:

Team Captains are responsible for uploading videos to YouTube as well as meeting the filming and movement standards. The Team Captain should make sure that the correct YouTube video link and time is submitted.

Each workout should start with the athlete saying his/her name, Team Name, and showing the equipment used in the workouts. Workout equipment should also be shown at the end of the workout.

Athletes should be seen in the camera at all times. A judge is required for each workout so the athletes ensure they are meeting movement standards and counting reps correctly.

Athletes should show the rower display memory at the end of the workout so judges see that athlete rowed 500 meters. If the athlete rows less than 500 meters he/she will receive a 10 second penalty for each 10 meters that are missed. Athlete will also receive a penalty of 10 seconds if they do not use the camera set up as shown in the example graphic, do not say their name, team name and division, do not film equipment before and after the workout and/or the movement standards cannot be clearly seen.

All videos should be combined into one video and uploaded to YouTube. Two separate scores should be put in Competition Corner.

The score submission deadline for 19.1 is July 12th.

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**Scorecard 19.1**

**Workout 19.1 A**

500 m Row

100 Double Unders

500 m Row

**Workout 19.1 B**

in remaining time

maximum reps of Pull Ups

**Time : 7 min**

<b>500m Row</b>	time
<b>100 Double Unders</b>	time
<b>500m Row</b>	time

**Final time**\_\_\_\_\_

<b>Max Pull Ups</b>	reps
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**Final score**\_\_\_\_\_

**Athlete:**\_\_\_\_\_ **Judge:**\_\_\_\_\_