

**WOD UP,  
BERLIN?**

**19.2**

**#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 2ND WOD UP, BERLIN? #4 Online Qualification Workout is a Team Workout with movements done synchronised for time**

**19.2**

**Is a team workout where mixed pairs are alternating the repetitions and do**

**100 SYNCHRONISED KB FRONT RACK BOX STEP OVERS**

**80 SYNCHRONISED OVER PARTNER BURPEES**  
during which one pair is holding a PLANK

**60 SYNCHRONISED WALL BALL SHOTS**  
where all 4 athletes do 5 PENALTY BURPEES IF THE BALL FALLS DOWN

**For Time**

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Workout 19.2 begins with a running clock from the 0-minute mark and continues to run until the last wall ball shot is completed.

Mixed pairs start with box step overs holding the kettlebell in a front rack position. After completing 100 step overs, the team will move the boxes to the side and one mixed pair will start to hold plank, while the other mixed pair begins the burpees over their partner. The workout will finish with 60 synchronised wall ball shots, where the athlete switch happens while the ball is in the air. For each drop, the team will receive 5 penalty burpees.

## Synchronised Kettlebell Box Step Overs

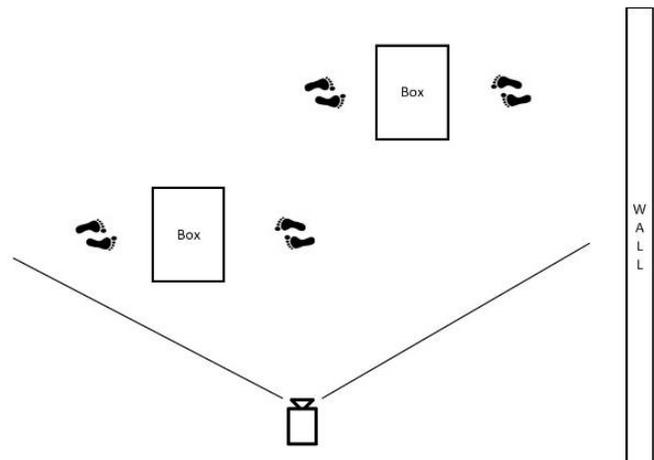
Synchronised kettlebell step-overs begin with both feet on the ground and kettlebells held in front rack position; no other position is allowed.

Male athletes – 24 kg kettlebell

Female athletes – 16 kg kettlebell

Mixed pairs will do a step over the box and then another step over to return to the starting position. Only if the first pair returned to starting position, the other pair start to do the step over and step over back.

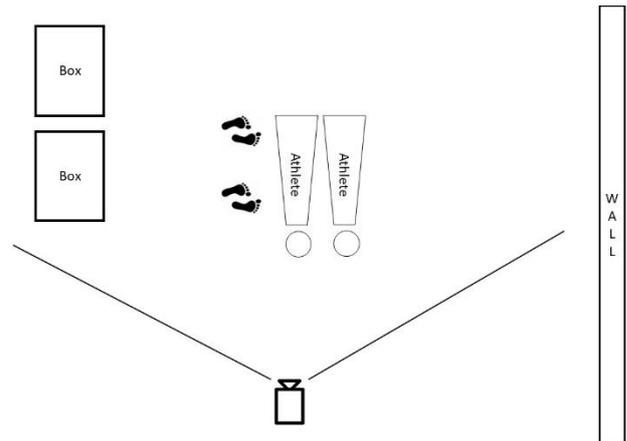
The rep will be counted when both athletes extend their hips on the box before doing the step down and both athletes' feet touch the ground on the opposite side.



## Synchronised Burpees Over Partner

One mixed pair can do as many burpees over the partner as they want, before pairs switch. It is important that only one pair works, while the other pair holds a plank.

To make the rep count, both athletes have to touch the floor with their chest and do the jump over at the same time.



## Synchronised Wall Balls

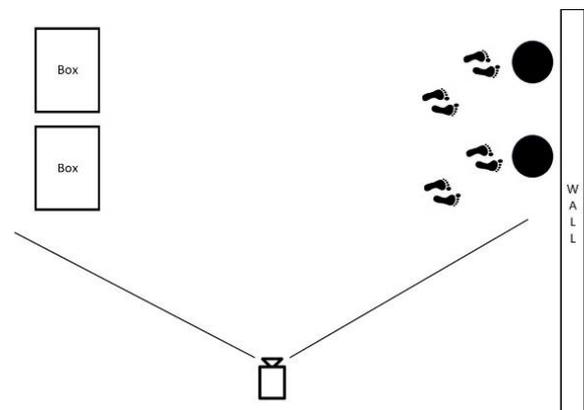
For the wall balls, the medicine ball must be taken from the bottom of a squat position, hips below the knee, and thrown to hit the target.

Male athletes – 9 kg medicine ball

Female athletes – 6 kg medicine ball

One mixed pair does the wall balls for as many reps as they want, before pairs switch. They can switch as they want, but the ball cannot fall on the floor and also cannot be given to the other team.

If the ball falls, all athletes have a 5 burpee penalty.



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### **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.

Each no rep will receive 2 sec penalty time. 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.

One video should be uploaded to YouTube. Also one score should be put in Competition Corner.

The score submission deadline for 19.2 is **July 26th**.

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**Scorecard 19.2**

**100 SYNCHRONISED KB FRONT RACK BOX STEP OVERS**

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**For Time**

<b>100 Synchronised Box Step Overs</b>	5'___	10'___	15'___	20'___	25'___	Time:
	30'___	35'___	40'___	45'___	50'___	
	55'___	60'___	65'___	70'___	75'___	
	80'___	85'___	90'___	95'___	100'___	
<b>80 Synchronised Burpees</b>	5'___	10'___	15'___	20'___	Time:	
	25'___	30'___	35'___	40'___		
	45'___	50'___	55'___	60'___		
	65'___	70'___	75'___	80'___		
<b>60 Synchronised Wall Ball Shots</b>	5'___	10'___	15'___		Time:	
	20'___	25'___	30'___			
	35'___	40'___	45'___			
	50'___	55'___	60'___			

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

**Athlete 1:\_\_\_\_\_Athlete 2:\_\_\_\_\_Athlete 3:\_\_\_\_\_Athlete 4:\_\_\_\_\_**

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