



EVENT 6 PRINGLES

PRESENTED BY



Event 6 - 20min AMRAP

4 Dumbbell Goblet Squat

4 Alternating Dumbbell Snatch

4 Box Jump Overs

***reps increase by 4 each round for each movement, ie 8,8,8,12,12,12,16,16,16**

Weights

Open Male 22.5kg | Open Female 15kg

Fitness Male 15kg | Fitness Female 10kg

Masters Male 22.5kg | Masters Female 15kg

Masters 50+ Male 15kg | Masters 50+ Female 10kg

Teen Male 15kg | Teen Female 10kg

Box Height

Open Male - 60cm / 24inch

All Other Divisions - 50cm / 20inch

Scoring

Event 6 is scored for total reps completed.

Workout Flow

The workout commences with the athlete standing tall next to their dumbbell, after the timer commences they can complete a set of 4 goblet squats, followed by 4 alternating dumbbell snatch and 4 box jump overs, for the 2 round the reps increase to 8 for each movement, then 12 etc etc the athlete will keep completing reps until the timer reaches 20min.

Movement Standards

Goblet Squat

For the goblet squat the athlete must have 2 hands on the dumbbell (either holding one or both heads of the dumbbell) and it must be held in front of the body. In the bottom position of the squat the athletes hip crease will clearly be below the height of the knee and in the top position the athletes hips and knees will be fully extended. **Note** the rep starts and ends with the hips fully extended and

the dumbbell in front, you cannot do some sort of goblet squat clean type arrangement for the first rep

Dumbbell Snatch

This is single arm snatch with the dumbbell starting on the ground between the athletes feet, they will then lift it to overhead in a continuous motion (muscle, power or snatch snatches are permitted) - the top position will have the shoulder in line or behind the ear and the hips and knees fully extended. The athlete can only use **one** arm to lower the dumbbell to the ground, they can only switch working arms when the **dumbbell is on the ground**, only 1 hand can be in contact with the dumbbell at any time - there is **NO MID AIR SWITCHING**. It is a single arm snatch - you only use 1 arm to complete a rep.

Box Jump Over

All divisions except Fitness and 50+ Masters are required to complete this as a 2 foot jump onto the box, they may then jump or step down to the other side. For the divisions that are permitted to step, both feet must make contact with the top of the box. There is no requirement to open the hips at the top of the jump, there is also no requirement to face the box.

Please view the video link for all the movement standards - note we have made every effort to make the movement standards very clear to keep a level playing field, any attempt to manipulate the movement standards to gain an advantage will result in scores being ruled invalid.

Video Submission

Please video your performance in its entirety and attach a YouTube link when submitting your score to Throwdowns.

We are not looking for a cinematic masterpiece - we just want to see it is YOU doing the work and it matches the score entered. We recommend the WODProof app for recording your workouts, it will watermark the video with your name, workout name and a timer (it also does handy things like remind you to put your phone in flight mode...)

Set your camera up so you can see all the movements being performed, ideally from the side or 45degree to see the hips being opened on squatting movements and bar lock out overhead.

It doesn't matter if the workout is performed in a class setting and there are other people in the video - it just needs to verify it is you, doing the work and meeting the movement standards.

The video submission is there to ensure a fair competition for everyone - if there is any doubt about the validity of the movement meeting the standards, the equipment being used or any other witchcraft the most likely scenario is your score will be ruled invalid.

Its 2020 folks - everyone has a smartphone that can upload video easily to YouTube - if you don't know how to do it, get someone to upload it for you (or treat it as an exciting new skill to learn).



EVENT 6 PRINGLES

PRESENTED BY



Athlete Name _____

Division _____

	Goblet Squat	Dumbbell Snatch	Box Jump Over	Total Reps
Round 1	4	4	4	12
Round 2	8	8	8	36
Round 3	12	12	12	72
Round 4	16	16	16	120
Round 5	20	20	20	180
Round 6	24	24	24	252
Round 7	28	28	28	336
Round 8	32	32	32	432
Round 9	36	36	36	540
Round 10	40	40	40	660

Total Reps _____