



## WODLAND FEST - WORKOUT 1

WEDNESDAY, JANUARY 19, THROUGH 11.59PM CET FRIDAY, FEBRUARY 7

Presented by



ATHLETE

### FOR TIME:

100 Double Unders  
then  
2 Rounds of  
20 Toes-to-bar  
10 Power Snatch  
then  
100 Double Unders  
then  
2 Rounds of  
10 Power Snatch  
20 Toes-to-bar  
then  
100 Double Unders

Time Cap: 15minutes

♀ 65 lb (30 Kg)

♂ 95 lb (42.5 Kg)

### FLOW

- Start under the pull-up bar.
- At "Go," move to the jump rope and complete 100 Double Unders.
- Then, move to the pull-up bar and begin **two rounds** of:
  - 20 Toes-to-Bar
  - 10 Power Snatches
- Next, complete another set of 100 Double Unders.
- After completing the Double Unders, return to the barbell.
- Complete **two more rounds** of:
  - 10 Power Snatches
  - 20 Toes-to-Bar
- Then, complete one last set of 100 Double Unders.
- Time stops at the completion of the final Double Under.
- **\*ALL** movements **MUST** be performed facing the camera, following the direction from the pull-up bar to the jump rope.

### NOTES

- Start the timer at "Go."
- The barbell **MUST** be placed at least 1 meter away from the pull-up bar for safety. A tape line should indicate this measurement. (**Line A**)
- Another tape line should be placed **3 meters** away from the first line (**Line B**). Snatches and Double Unders must be performed in this section.
- If **time-capped**, your score will be the total number of reps completed.
- There is no tiebreaker in this workout.

### EQUIPMENT

- Barbell, plates, collars\*.
- Pull-up bar.
  - Using tape on the pull-up bar AND gymnastics grips at the same time is NOT allowed.
- Jump Rope
- Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.
- *\*The official weight is in kilograms. For your convenience, the minimum acceptable weights in pounds/kilos are 65 lb. (30kg.) and 95 lb. (42.5 kg.).*



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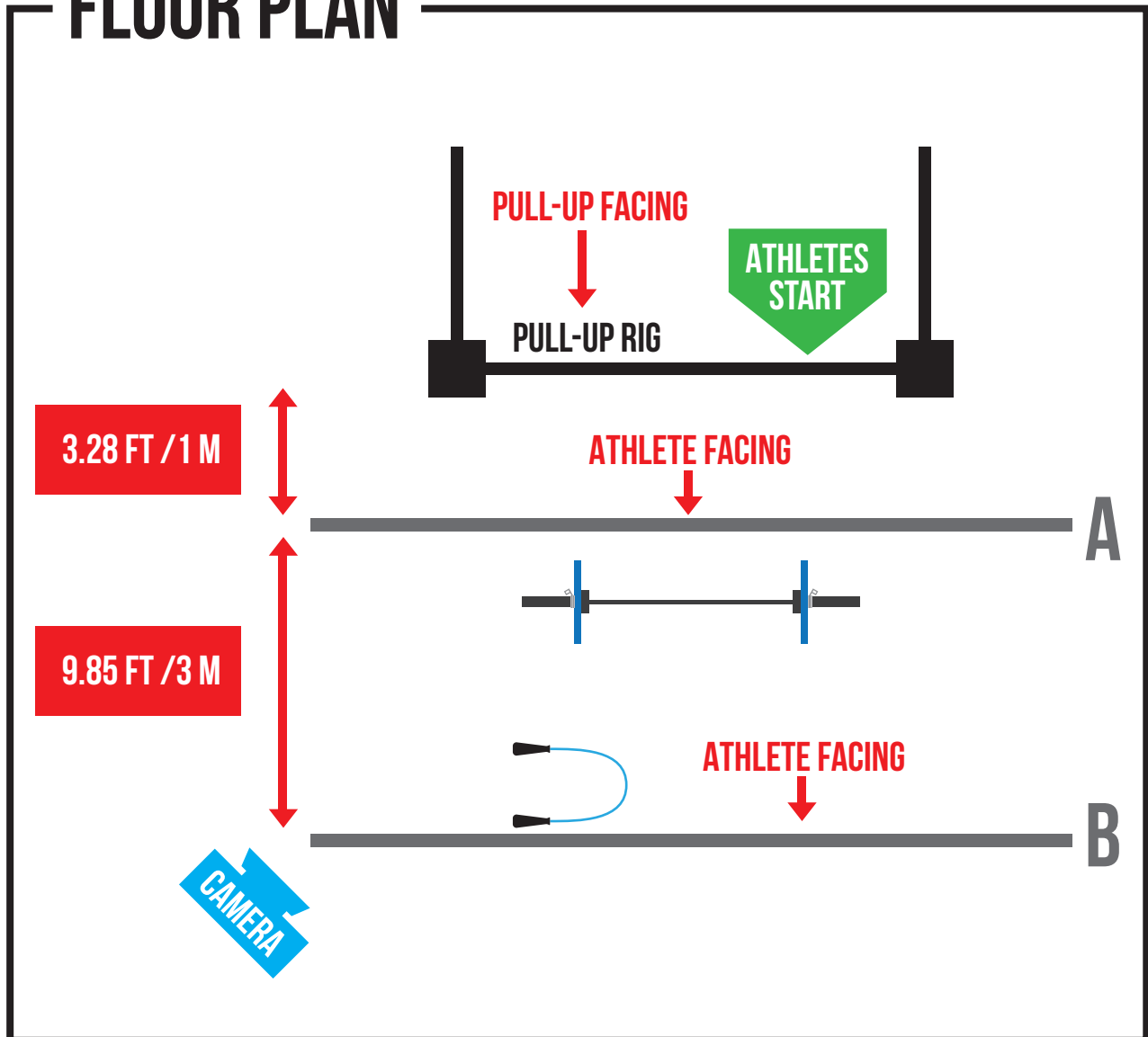
Presented by



**ATHLETE**

**WODLAND FEST  
QUALIFIER WORKOUT 1**

**FLOOR PLAN**





## WODLAND FEST - QUALIFIER WORKOUT 1

WEDNESDAY, JANUARY 19, THROUGH 11.59PM CET FRIDAY, FEBRUARY 7

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ATHLETE

### VIDEO SUBMISSION STANDARDS

- Prior to starting, set up the floor plan as shown. The barbell and jump rope start in the designated space between Line A and Line B.
- Film ALL competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a  $\frac{3}{4}$  view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1 meter off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Do NOT use a countdown timer.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Ensure the judge does not obstruct the view of the athlete.

### MOVEMENT STANDARDS

#### DOUBLE-UNDER

- This is the standard double-under
- The rope passes under the feet twice for each jump
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

#### TOES TO BAR

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.

#### POWER SNATCH

- Each rep starts with the bar on the ground.
- The barbell must be lifted overhead in one motion (no clean and jerks).
- The rep is counted when:
  - Hips, knees, and arms are extended.
  - The bar is over the middle of, or slightly behind, the body when viewed from profile.
  - The feet are in line.

Refer to WODLAND FEST 2025 Rulebook for complete video submission standards.



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QUALIFIER WORKOUT 1

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20 Toes-to-bar  
10 Power Snatch  
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100 Double Unders  
then  
2 Rounds of  
10 Power Snatch  
20 Toes-to-bar  
then  
100 Double Unders

Time Cap: 15minutes  
♀ 65 lb (30 Kg)  
♂ 95 lb (42.5 Kg)

100 DOUBLE UNDERS		100
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	20 TOES-TO-BAR	10 POWER SNATCH
ROUND 1	120	130
ROUND 2	150	160

100 DOUBLE UNDERS		260
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	10 POWER SNATCH	20 TOES-TO-BAR
ROUND 1	270	290
ROUND 2	300	320

100 DOUBLE UNDERS		420
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**Athlete Name** \_\_\_\_\_ **Time OR Reps at 15 Minutes** \_\_\_\_\_  
Print

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout \_\_\_\_\_  
Athlete Signature Date

Affiliate Copy

Athlete Copy

**WODLAND FEST - QUALIFIER WORKOUT 1**

**Athlete Name** \_\_\_\_\_ **Time OR Reps at 15 Minutes** \_\_\_\_\_  
Print

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout \_\_\_\_\_  
Athlete Signature Date