



WODLAND FEST - WORKOUT 3

FRIDAY, JANUARY 31, THROUGH 11.59PM CET FRIDAY, FEBRUARY 7

Presented by



FOR TIME:

5 ROUNDS
20 mts Handstand Walk
(10m/10m)
5 Clean and Jerks

Time Cap: 10minutes
♂ 95 Kg (210 lb)
♀ 70 Kg (155 lb)

FLOW

- Start in front of the Handstand Walk tape line (Line A)
- At the call of "Go," begin the first 20-meter Handstand Walk, covering 10 meters down and 10 meters back.
- Then, move to the barbell and complete 5 Clean and Jerks.
- Repeat this couplet for 5 rounds.
- Time stops upon completing the final **Clean and Jerk**.

NOTES

- Start the timer at "Go."
- Each 10-meter section counts as one repetition.
- If **time-capped**, your score will be the total number of reps completed.
- There is no tiebreaker in this workout.

EQUIPMENT

- Barbell, plates, collars*.
- Handstand Walk area marked in 10-meter segments, allowing for a 10-meter walk in one direction and a 10-meter walk back.
- 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 155 lb. (70kg.) and 210 lb. (95 kg.).*

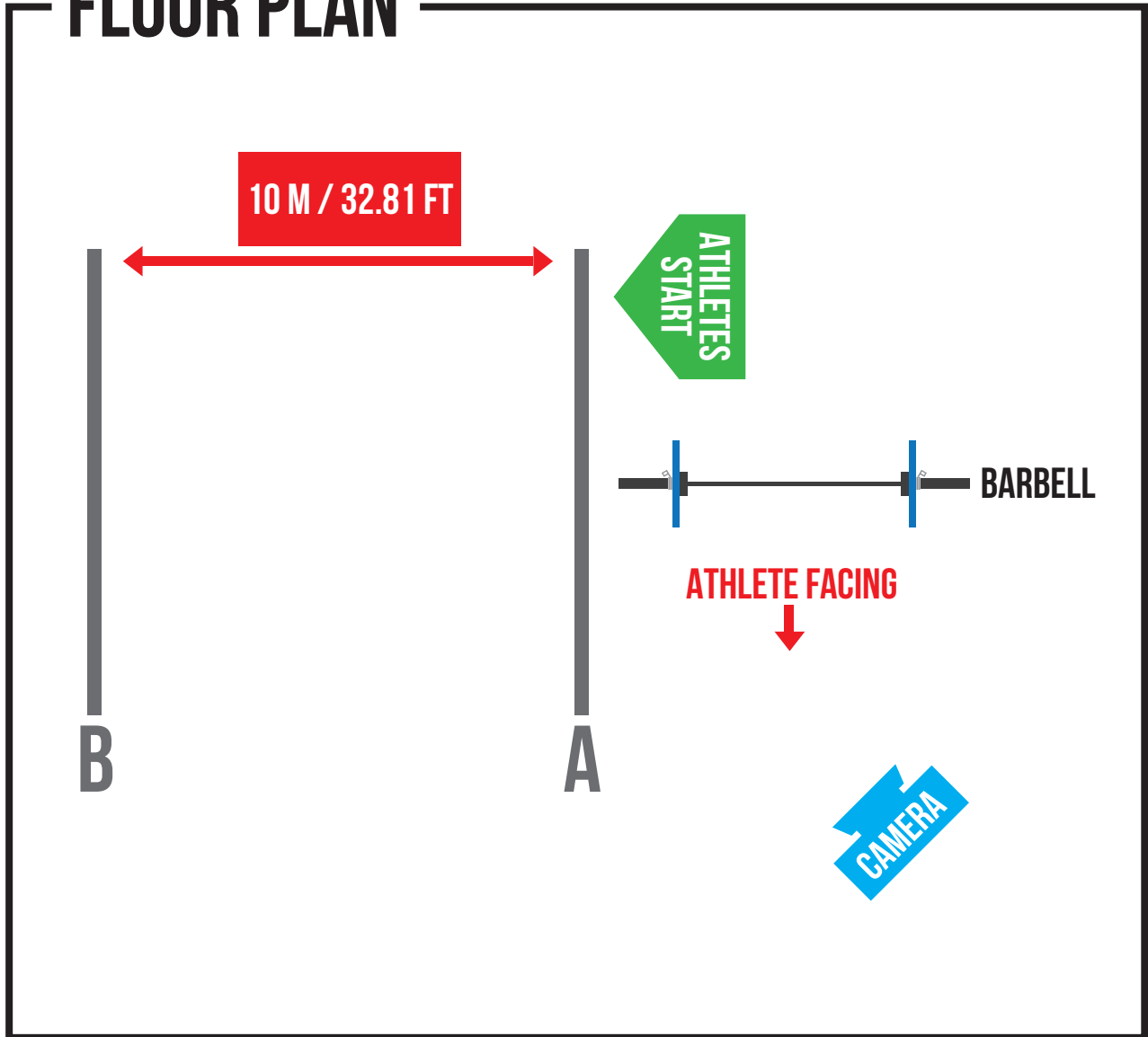


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Hustle Up®

**WODLAND FEST
QUALIFIER WORKOUT 3**

FLOOR PLAN





WODLAND FEST - QUALIFIER WORKOUT 3
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VIDEO SUBMISSION STANDARDS

- Prior to starting, set up the floor plan as shown.
- 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 all of the athlete's movements and ensure the athlete remains visible throughout the entire 10-meter Handstand Walk distance.
- 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

HANDSTAND WALK

- Before starting, the handstand walk area must be marked in 10-meter segments.
- Do NOT walk more than 10 meters in one direction without turning around.
- Kick up with both hands (entire hand, including palm and fingers) **BEHIND** the mark of the segment being attempted.
- Stepping over the line or landing with the hands on or over the line is a "no rep."
- Must walk forward.
- Coming down from the hands at any time requires a restart from behind the last line successfully crossed.
- The repetition is credited when both hands, including palms and fingers, cross the line before the feet touch the ground.
- Each 10-meter section will count as 1 rep.

CLEAN AND JERK

- Start each rep with the barbell on the ground. Touch and go is permitted.
- No bouncing or dropping and catching the barbell on the rebound.
- If dropped, the barbell must settle on the ground before the start of the next rep.
- Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed.
- The lift must have two distinct phases: the clean and the jerk.
- The rep is credited when:
 - The barbell is locked out overhead, and arms, hips, and legs are extended.
 - The bar is over or slightly behind the center of the body, with feet in line.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

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



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	10M HSW	10M HSW	5 CLEAN AND JERKS
ROUND 1	1	2	7
ROUND 2	8	9	14
ROUND 3	15	16	21
ROUND 4	22	23	28
ROUND 5	29	30	35

Athlete Name _____ **Time OR Reps at 10 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 3

Athlete Name _____ **Time OR Reps at 10 Minutes** _____
 Print

Workout Location _____ Judge _____
 Judge Name

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