



Open Prep Solo Comp

WOD #1: *Keeping Up Foreign Relations*

RX Workout #1:

3:00 – Max Wall Walks

1:00 – *REST*

5:00 – AMRAP

5- Squat Cleans (185#/120#)

5- Shoulder to Overhead

SCALED Workout #1:

3:00 – Max Scaled Distance Wall Walks

1:00 – *REST*

5:00 – AMRAP

5- Power Cleans (115#/75#)

5- Shoulder to Overhead

Part 1: 3:00 Max Wall Walks:

This workout begins with the athlete lying face down with chest and thighs in contact with the floor. After the call of “3, 2, 1... go,” the athlete will begin their wall walks (Movement Standards Below...)

SCALED: The distance hands need to travel will be shortened (Movement Standards Below...).

After 3:00, there will be a 1:00 mandatory rest.

Part 2: 5:00 AMRAP:

This workout begins with the athlete standing next to their barbell with weights pre-loaded on the bar for them. After the call of “3, 2, 1... go,” the athlete may grab their bar and start performing their 5 Squat Cleans *SCALED: POWER CLEAN* (Movement Standards Below...)

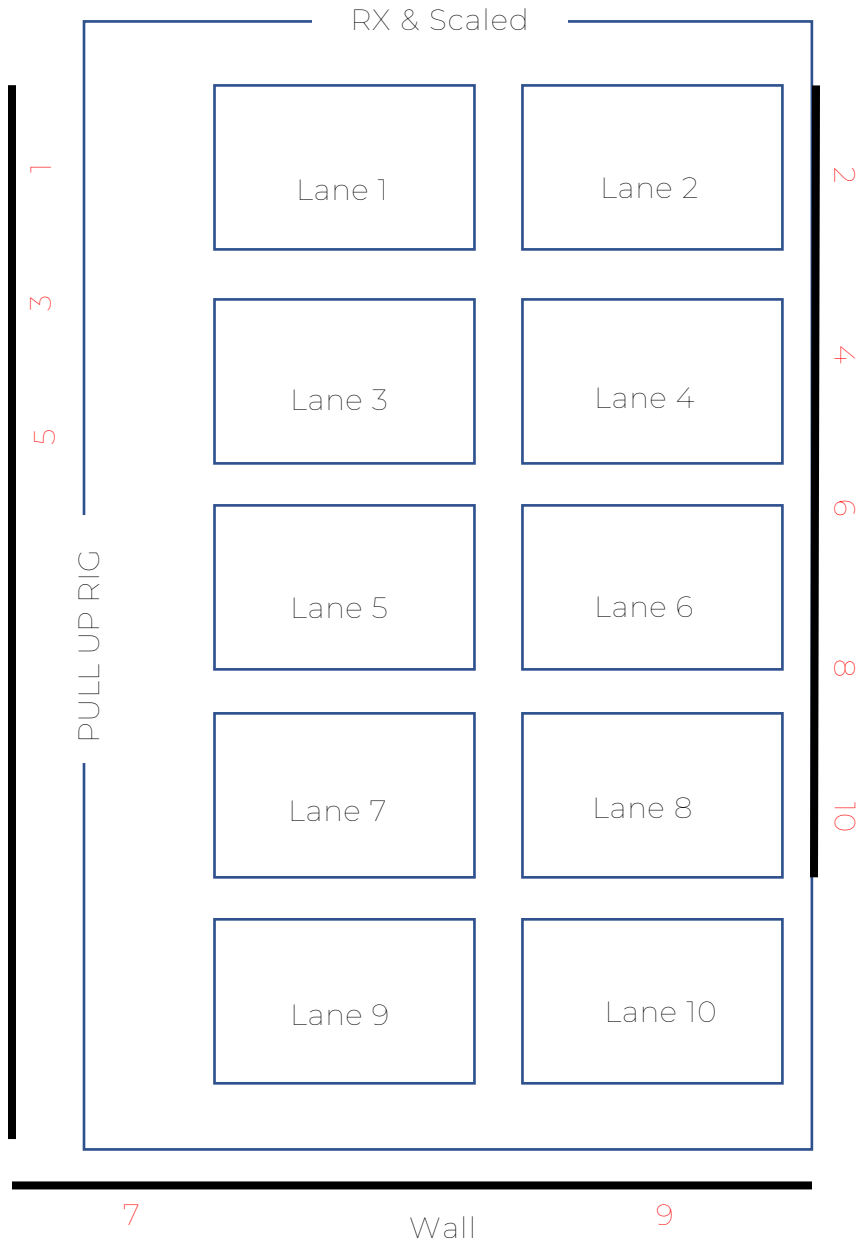
After their 5th completed Squat Clean, athletes may start their Shoulder to Overhead. Athletes **MUST** pause at the top of the clean **BEFORE** their first Shoulder to Overhead (Movement Standards Below...)



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Floor Plan Workout #1:



**Red number indicates space on the wall for wall walks.*



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Movement Standards Workout #1:

RX Wall Walks:



- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- Both hands must remain in contact with the tape until both feet are on the wall
- At the top of the movement, both hands must touch the RX tape line before the athlete can descend.
- Any part of the hand may touch the tape line.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).
- On the descent, the feet must remain on the wall until both hands are touching the first line.



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Scaled Wall Walks:



- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- Both hands must remain in contact with the tape until both feet are on the wall
- At the top of the movement, both hands must touch the Scaled tape line before the athlete can descend.
- Any part of the hand may touch the tape line.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).
- On the descent, the feet must remain on the wall until both hands are touching the first line.



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Squat Cleans:



- The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required; a power clean or split clean followed by a front squat will be permitted, but a deadlift followed by a hang clean is not allowed.
- The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.



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SCALED Power Cleans:



- The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- The athlete must stay ABOVE parallel with hips above the knees, receiving the barbell in the front rack position with elbows in front of the bar. A deadlift followed by a hang clean is not allowed.
- The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.



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RX & SCALED Shoulder to Overhead:



- The barbell must start on the floor. The athlete must bring the bar to the shoulders without assistance. Each rep begins with the barbell in the front rack position and the bar in contact with the torso. No racks or jerk blocks may be used at any time.
- The rep is credited when the barbell is fully locked out overhead with the athlete's arms, hips, and legs extended. The feet must be in line under the body, and the bar must be over the center of the athlete's body when viewed from profile. A press, push press, push jerk, or split jerk are all permitted as long as the athlete reaches the required finish position.