

WORKOUT 6

# CHUTES & LADDERS

PRESENTED BY



ELITE/RX

**16 MINUTE AMRAP**

15 ALT DB SNATCHES (50, 35LB)(22.5, 15KG)

50FT SA DB OH WALKING LUNGE

30 ALT DB SNATCHES

100FT SA DB OH WALKING LUNGE

45 ALT DB SNATCHES

150FT SA DB OH WALKING LUNGE

15 ALT DB SNATCHES (70, 50LB)(32, 22.5 KG)

50FT HANDSTAND WALK

30 ALT DB SNATCHES

100FT HANDSTAND WALK

45 ALT DB SNATCHES

150FT HANDSTAND WALK

INTERMEDIATE, SCALED, BEGINNER

**16 MINUTE AMRAP**

15 ALT DB SNATCHES (35, 20LB)(15, 9KG)

50FT SA DB OH WALKING LUNGE

30 ALT DB SNATCHES

100FT SA DB OH WALKING LUNGE

45 ALT DB SNATCHES

150FT SA DB OH WALKING LUNGE

15 ALT DB SNATCHES (50, 35LB)(22.5, 14KG)

50FT SA DB OH WALKING LUNGE

30 ALT DB SNATCHES

100FT SA DB OH WALKING LUNGE

45 ALT DB SNATCHES

150FT SA DB OH WALKING LUNGE

**TIME CAP /**  
16 MINUTES

**SCORE /**  
TOTAL REPS

**REQUIRED EQUIPMENT /**

Dumbbells, 25ft taped section with 5 ft increments clearly marked

The official programmed weight is in pounds. For your convenience the minimum acceptable weights in kg are included in the workouts as listed. If subbing for unavailable equipment, athletes may work at or above the minimum listed weights, however not below.

## SCORING /

The sum of each athlete's total reps for this workout will be the team's score.

\*note for the HSW and OH lunge, credit is only given when each 25 ft section is completed. Athletes may reset within the section as detailed in the movement standard, however there is no partial credit within the 25 ft section\*

## WORKOUT FLOW /

Each athlete will individually complete this workout.

The workout begins with the athlete standing tall in front of the dumbbell. At the start of the clock, the athlete will start with 15 alternating dumbbell snatches, at the completion of the snatches the athlete will complete 50ft of overhead walking lunges, 25ft one direction, 25ft back. The athlete will then complete 30 alternating dumbbell snatches, followed by 100ft single-arm dumbbell overhead walking lunges. At the completion of the walking lunges, the athlete must complete 45 alternating dumbbell snatches, and 150ft overhead walking lunges.

Once the single-arm dumbbell overhead walking lunges are completed, the athlete must now change the dumbbell for the next weight and repeat the rep scheme from the beginning, this time at the heavier weight and handstand walks instead of lunges for the Elite/RX division, or continuing with overhead walking lunges for Int/Scaled/Beginner. If the athlete completes the 150ft handstand walk/second segment of single-arm dumbbell overhead walking lunges, they may then start over from the beginning with the 15 alternating snatches at the lighter weight and the single-arm dumbbell overhead walking lunge for as many reps as possible until time expires.

If any athlete fails on the walking lunges, athletes may reset where they are and do not need to reset to the last 5 ft section. The handstand walk does not need to be completed unbroken, however credit is only given once each 25 ft section is completed. If the athlete comes down they must reset to the last completed 5 ft section, with hands completely behind the line to start. Athletes are not required to come down at the 25 ft turnaround, however both hands must clearly cross the line before initiating the return.

Athletes must reset their own dumbbells if they bounce out of the work area / camera view. Having another person restage the dumbbells is not allowed.

## MOVEMENT STANDARDS /

### Dumbbell Snatch

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, both heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one fluid motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before switching hands for the next rep. The non-lifting hand and arm may not assist by intentionally making contact with the body for support during the repetition. If the athlete receives a no rep and has already switched hands, the athlete may proceed from where he or she is. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count. At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. The rep is counted once full lockout is achieved. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

### Overhead Walking Lunges

Forward motion will only be allowed while the load is being supported in the overhead position. On each lunge, the trailing knee must make contact with the ground at the bottom.

At the top of each step, the athlete must stand with the hips and knees fully extended. If the knee does not touch the ground, or if the next step is initiated (or the weight is dropped) before fully standing up, the dumbbell will need to be brought back to where the previous step began. Once both feet clearly pass the line and the athlete is standing tall, they will receive credit for that section and may drop the dumbbell.

### Handstand Walk

The athlete must start with the hands (entire hand, including palm and fingers) behind the line denoting the start of the segment being attempted. When kicking up, stepping across the line or landing with the hands on or over the line constitutes a no rep. If the athlete comes down at any time, they must restart from the last 5 foot section completed. Both hands, including palms and fingers, must clearly cross the line marking the full 25-foot section to earn credit for that distance.

## FILMING RECOMMENDATIONS /

- If competing for a spot at Wodapalooza Miami, each athlete must be prepared to provide an independent video of their performance.
- Film the dumbbell weight so the loads can be seen clearly.
- Use a tape measure to film lengths and sections of the 25 ft area so all measurements can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)

## ELITE/RX

### 16 MIN AMRAP

**TOTAL REPS**

#### ROUND 1

15 ALT DB SNATCH	15					
50FT OH LUNGE	25FT 16	25FT 17				
30 ALT DB SNATCH	32	47				
100FT OH LUNGE	25FT 48	25FT 49	25FT 50	25FT 51		
45 ALT DB SNATCH	66	81	96			
150FT OH LUNGE	25FT 97	25FT 98	25FT 99	25FT 100	25FT 101	25FT 102
15 ALT DB SNATCH	117					
50FT HSW	25FT 118	25FT 119				
30 ALT DB SNATCH	134	149				
100FT HSW	25FT 150	25FT 151	25FT 152	25FT 153		
45 ALT DB SNATCH	168	183	198			
150FT HSW	25FT 199	25FT 200	25FT 201	25FT 202	25FT 203	25FT 204

#### ROUND 2

15 ALT DB SNATCH	219					
50FT OH LUNGE	25FT 220	25FT 221				
30 ALT DB SNATCH	236	251				
100FT OH LUNGE	25FT 252	25FT 253	25FT 254	25FT 255		
45 ALT DB SNATCH	270	285	300			
150FT OH LUNGE	25FT 301	25FT 302	25FT 303	25FT 304	25FT 305	25FT 306
15 ALT DB SNATCH	321					
50FT HSW	25FT 322	25FT 323				
30 ALT DB SNATCH	338	353				
100FT HSW	25FT 354	25FT 355	25FT 356	25FT 357		
45 ALT DB SNATCH	372	387	402			
150FT HSW	25FT 403	25FT 404	25FT 405	25FT 406	25FT 407	25FT 408

A1  + A2  + A3  = TEAM SCORE

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

INTERMEDIATE, BEGINNER, SCALED

## 16 MIN AMRAP

**TOTAL REPS**

### ROUND 1

15 ALT DB SNATCH	15					
50FT OH LUNGE	25FT 16	25FT 17				
30 ALT DB SNATCH	32	47				
100FT OH LUNGE	25FT 48	25FT 49	25FT 50	25FT 51		
45 ALT DB SNATCH	66	81	96			
150FT OH LUNGE	25FT 97	25FT 98	25FT 99	25FT 100	25FT 101	25FT 102
15 ALT DB SNATCH	117					
50FT OH LUNGE	25FT 118	25FT 119				
30 ALT DB SNATCH	134	149				
100FT OH LUNGE	25FT 150	25FT 151	25FT 152	25FT 153		
45 ALT DB SNATCH	168	183	198			
150FT OH LUNGE	25FT 199	25FT 200	25FT 201	25FT 202	25FT 203	25FT 204

### ROUND 2

15 ALT DB SNATCH	219					
50FT OH LUNGE	25FT 220	25FT 221				
30 ALT DB SNATCH	236	251				
100FT OH LUNGE	25FT 252	25FT 253	25FT 254	25FT 255		
45 ALT DB SNATCH	270	285	300			
150FT OH LUNGE	25FT 301	25FT 302	25FT 303	25FT 304	25FT 305	25FT 306
15 ALT DB SNATCH	321					
50FT OH LUNGE	25FT 322	25FT 323				
30 ALT DB SNATCH	338	353				
100FT OH LUNGE	25FT 354	25FT 355	25FT 356	25FT 357		
45 ALT DB SNATCH	372	387	402			
150FT OH LUNGE	25FT 403	25FT 404	25FT 405	25FT 406	25FT 407	25FT 408

A1  + A2  + A3  = TEAM SCORE

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_