

trodo open 12.2016, ground to row-verhead

scores must be submitted by 12pm on monday, december 5th.

key details

- **view the workout:** www.trodo.org/open
- **date:** saturday, december 3rd; dates may vary
- **location:** your box
- **who should participate:** the trodo open is for all athletes, across all skill levels. it's all about community!
- **team structure:** teams must have two females and two males to be classified as cat1, cat2, or masters 40+. if teams do not have 2 males and 2 females they will be classified as cat3/just for fun.

score submission: www.trodo.org/open

- **deadline:** coaches must submit all scores by **12pm on monday, december 5th**
- **games teams:** coaches recommend teams for early trodo games registration when submitting open scores.
- **the open is not a qualifier for the games:** any cat1, cat2/masters 40+ or cat3/just for fun teams can be recommended...even if they did not complete the open or did not participate on the same team.

trodo games registration: www.trodo.org/boxleague/teamregistration/

- save the date: trodo games, **saturday, january 21st @crossfit illumine**
- team structure: cat1, cat2 or masters 40+ teams must have 2 males and 2 females. cat3 / just for fun teams can have any mix of athletes.
- early registration opens on **wednesday, december 7th** and opens for all trodo athletes on **wednesday, december 14th**.



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team-of-4, amrap

row calories

ground to overhead reps

final score (total reps: row calories + ground to overhead reps):

category (cat 1: 95/65, cat 2 / masters 40+: 75/55, cat 3: athlete's choice):

**team captain name:
email:**

**athlete 2 name:
email:**

**athlete 3 name:
email:**

**athlete 4 name:
email:**

is your team interested in registering for the january 21st trodo games at crossfit illumine?

heck, yes! 😊

no ☹️

trodo open 12.2016, workout details

workout summary and flow

as a team of four, accumulate as many row calories and as many ground to overhead reps as possible in 14 minutes. only one barbell may be working at a time, and any time an athlete changes on the barbell, two burpees over the bar must be completed by a member of the team. only two athletes may work at a time (one on the rower and one on a barbell). there are no minimum or maximum work requirements and there are no buy-in movements for switching athletes on the rower.

remember, when the workout begins, two burpees over the bar must be completed before beginning work on the barbell!

categories

cat 1: 95/65, 2 males + 2 females

cat 2 / masters 40+: 75/55, 2 males + 2 females

cat 3: athlete's choice, 4 athletes of any gender...or fewer than 4 athletes

team trodo tips

communicate like crazy! keep a running count on the ground to overheads...and mark them down at every 50 or so and start a new count. switch on and off of that barbell often...the reps will add up fast! and, don't forget...anyone on the team can do the two burpee buy-in, so feel free to use your extra resting athlete for it.

workout / movement standards

ground to overhead: a rep will count when the barbell is brought from the floor to an overhead position and the athlete returns to a standing position with the arms locked out overhead and the hips and legs fully extended. athletes can clean & jerk or snatch the barbell, as long as the arms are locked out overhead and the hips and legs are fully extended.

row: the rower handle must be racked before an incoming athlete can switch to the rower. an ongoing count of calories will be counted for the duration of the workout.

burpees over the bar: a rep will count when the athlete brings the chest and hips to the ground on one side of the bar, then jumps or steps both feet over the bar onto the ground.