

“1968” WOD STANDARDS: 2 person partner WOD with a 20 Min Time Cap:

Both people can work at the same time. One athlete rows (completes Part A) while the other athlete performs the 10 rounds of 10 Box jump overs/10 Wall Balls/10 Russian Kettlebell swings (completes part B). You can alternate back and forth as often as possible until everything is completed.

Score: Time to complete

If you do not complete, then your time is 20:00 plus 1 second for every meter and rep not completed

Part “A”

1968 Meter Row

Part “B”

10 Rounds of 10 Box Jump Overs, 10 Wall Balls, 10 Russian Kettlebell Swings

Box Jump Overs: Athletes start on one side of the box. Both feet travel over the top of the box and the rep is completed when the athlete lands on the opposite side. Elite and Rx athletes must jump on the box or over the box. Scaled and youth athletes can step up but both feet must touch the top of the box.

Elite:	Male: 24”	Female: 20”	Must jump
Rx:	Male: 24”	Female: 20”	Must jump
Scaled:	Male: 24”	Female: 20”	Can step
Youth:	20” Can step		

Wall Balls: Athlete must start with the med ball on the ground. Athletes must pick the med ball up, squat down holding it at the front of the body stand up throwing the ball above the indicated line or to the indicated target.

Elite:	Male 30# to 10’	Female: 20# to the 9’
Rx:	Male 20# to 10’	Female: 14# to the 9’
Scaled:	Male 14# to 10’	Female: 10# to the 9’
Youth:	10# or less to the 9’ or less	

Russian Kettlebell Swings: Kettlebell starts on the floor in front of the athlete. The athlete grabs the kettlebell and swings it back between the legs and then up where some piece of the bell passes above the level of the head

Elite:	Male: 32kg/70lb	Female: 24kg/53lb
Rx:	Male: 24kg/53lb	Female: 16kg/35lb
Scaled:	Male: 16kg/35lb	Female: 12kg/26lb
Youth	12kg/26lb or less	