

WORKOUT 5

Sponsored by: Long Shot Cameras

For Time:

Run 240 Yards

10 Rifle

10 Pistol

Run 240 Yards

10 Rifle

10 Pistol

Run 240 Yards

10 Rifle

10 Pistol

Run 240 Yards

Target Distance:

Rifle: 40 yds (120ft.)

Pistol: 40 yds (120ft.)

You need 3 copies of each target

*Must use official FAFO targets or your scores will not be validated and you will not be eligible for any of the prizes in the FAFO prize pool.

Loadout:

Pistol: 3x10

Rifle: 3x10

(Must load magazines to exact round count)

Loading more than prescribed round count in a single magazine = scores will not be verified.

If you do not have enough magazines have a friend reload them during your work but do not over load magazines.

Dumbbell Weights:

No Dumbbells

Box Heights:

As desired 20-24-30

Setup:

This workout requires 3 printed pistol targets and 3 printed rifle targets

Target orientation is portait

Place targets at shoulder height at downrange berm.

Targets can be stacked horizontally or vertically but cannot overlap.

They do not have to be on separate target stands.

Measure 40 yards (120 ft.) up range from targets and mark firing line.

Place box as desired at or behind firing line. (see workout example video)

You can use a table or the box as shown in the workout example video to place firearms on but it is not required.

Both firearms must remain at firing line at all times.

Workout Instructions:

1. Start with both firearms on table/ground or on the box at the firing line **UNLOADED !!!**
2. Athlete starts behind the firing line.
3. On Go: Athlete runs down range and touches the target/target stand then returns and crosses any part of their body over the rifle/pistol firing line.
4. Athlete **repeats this 2 more times. (3x times total)**
5. After finishing 3rd down and back run, athlete approaches the firing line, loads **rifle** and performs 10 rifle shots.

RIFLE firing position is SIDE LYING. RIFLE MUST BE CANTED TO 90 DEGREES

Please refer to announcement video for example

Athlete must lay on SIDE

Athlete can NOT lay on stomach

Athlete can NOT sit

Athlete can NOT kneel

Athlete must lay on SIDE

Athlete can lay on either side but must be on side !!!

Rifle handguard must be in contact with the vertical corner of the box

Rifle must be canted to 90 degrees

RIFLE firing position is SIDE LYING.

6. Once firing sequence is complete **perform Clearing Procedure before moving to pistol firing sequence**. Once athletes hands are raised and athlete announces clear then and only then can they move to pistol.

****IF you do not properly perform clearing procedure correctly you will be disqualified and eliminated from all prize eligibility !!!! Safety violations have zero tolerance.**

7. Load and perform 10 pistol shots.

Pistol firing position. - **Free Standing Unsupported.**

8. Following the pistol firing sequence, the athlete clears and can begin the second round of running.

9. The next 2 rounds of work are completed exactly the same.

10. Following the 3rd round of firing the athlete performs 3 additional down and backs or running.

11. Time stops with the athlete crossing the firing line following their last running sequence.

12. Record completion time (time when athletes hands are raised in the air) and **keep video running continuous while you go down range to record target hits/misses.**

Clearing Procedure: Example [CLICK HERE](#)

1. Remove magazine
2. Rack Slide
3. Pull Trigger with firearm facing downrange berm.
4. Place firearm on table
5. Raise hands in air and announce clear!

Scoring:

All misses are +10 secs.

Time to complete. = Raw Time

Add 10 seconds for any miss.

RAW Time Converted to Seconds + Misses = Score

How to Score Targets:

Bullet hole/grease ring has to be inside or touching any part of the boarder of the target to count as hit.

Filming Instructions:

1. **Video must be continuous from start to finish** of the workout including counting hits on target.
2. To begin the video athletes must state full name and name of workout completing ("Hi, this is WODdoc and I am completing Workout ? of Fitness and Firearms Online Competition)
3. Athletes must show the target setup and cleans targets
4. Show tape measure validating distance to the firing line.
5. Show Box height and weights to validate if applicable.
6. During the workout the camera must be positioned to capture the entire workout including the athlete, and the target, and clock. It is suggested to be quartered behind the workout space.
7. Upon completion of the workout the athlete must grab the camera and walk down to the targets and count hits. Target must be clearly visible to be counted. **A close up of each target is REQUIRED on video.**
9. Athletes will then submit their score and video URL for review.

Submit at FitnessandFirearmONLINE.com → "Submissions"

Instruction for video submission:

1. Upload video to your personal Youtube channel and supply the video link via "submission" page with workout score on FitnessandFirearmONLINE.com

WORKOUT 6

(Read Set-up, Review Clearing Procedure, Review Submission and Filming Instructions)

Sponsored By: Concept2

For Time:

4 Rounds

8 Farmer Carry Box Step Overs

1 Front Rack DB Carry

1 Overhead DB Carry

12 Rifle

12 Pistol

Target Distance:

Pistol: 20 yds (60ft)

Rifle: 20 yds (60ft)

*Must use official FAFO targets or your scores will not be validated and you will not be eligible for any of the prizes in the FAFO prize pool.

*****You need 2 copy rifle / 2 copy pistol*****

Loadout:

Pistol: 4x12

Rifle 4x12

(Magazines can only be loaded to 5 rounds!!)

Loading more than prescribed round count into a magazine = scores will not be verified)

Box Height:

Male divisions = 24'

Female divisions - 20"

Dumbbell Weight: 2 Dumbbells Needed (except WIM)

2x70lbs - Mens Elite

2x50lbs - Mens Intermediate/Masters

2x35lbs - Womens Elite

1x50lbs - Womens Intermediate Intermediate/Master

Setup:

1. Place rifle and pistol targets at shoulder height at downrange berm.
2. Rifle and pistol target must be oriented vertically.
3. Rifle and pistol target can be on the same backer, can be stacked vertically or horizontally, but cannot be overlapping.
4. Measure from targets up range 60 feet --> Make Rifle / Pistol Firing line.

5. Measure from targets up range to 70 feet --> Mark Carry Start Finish line
6. Measure from targets up range to 120 feet --> Mark Carry Turnaround line.
7. Place pistol at pistol firing line, unloaded (can be on table or box)
8. Place rifle at firing line, unloaded (can be on table or box)
9. Place box anywhere between firing line and carry line. Between the 60 and 70ft mark.
10. Place dumbbells anywhere between firing line and carry line. Between the 60 and 70ft mark.
11. Athlete starts anywhere between firing line and carry line. Between the 60 and 70ft mark.
12. **Firearms START UNLOADED.**

Movement Standards:

(please review announcement video and example workout video)

Farmers Carry Box Step Overs

- athlete starts on the ground holding both dumbbells. (WIM hold 1)
- must hold dumbbells in farmers carry position - one weight in each hand holding dumbbells at athletes sides.
- must step on the top of the box and step off the box (no jumping)
- dumbbells can not rest on top of box during a rep.
- only the athletes feet can touch top of box.
- one complete rep when both feet touch ground on opposite side of box

Instructions:

1. This workout is for time. You are to complete it as fast as possible and record the time it took you to finish.

2. **Athlete start/finish position:** Start anywhere between firing line and carry line. Between the 60 and 70ft mark.

3. On GO: Athlete grabs both dumbbells in farmer carry position and performs 8 box step overs.

4. Following the 8 BSOs the athlete approaches the carry line and positions both dumbbells in the front rack position, then carries to "carry turn around line" (120ft).

5. At carry turn around line athlete transitions from front rack to overhead carry position before returning back to the the carry start line (70ft).

Disassembly rule: If athlete can not carry both dumbbells at a time they may carry one at a time but must carry one DB down, then return for the second before moving on the the next type of carry. Example front rack carry one dumbbell down to turn around line. Run back carry the second front rack dumbbell down before moving to the overhead carry.

Disassembly rule is only in effect for carries. All Box step overs must be done with both dumbbells.

Athlete can use disassembly rule for front rack only, OH only or both carry types.

5. Once athlete crosses carry start line (70 ft), the athlete approaches firing line, loads rifle and completes 12 rifle shots.

Rifle Shooting Position: Standing Unsupported.

6. Following rifle course of fire the athlete **MUST PERFORM COMPLETE CLEARING PROCEDURE!!!**

7. Once cleared the athlete can grab pistol, load and perform 12 pistol shots.

Pistol Firing Position: Standing Unsupported.

8. Following pistol course of fire the athlete **MUST PERFORM COMPLETE CLEARING PROCEDURE!!!**

9. Following clearing procedure, the athlete can return to work.

10. Athlete repeats the cycle 3 more times for a total of 4 complete rounds.

11. Time stops once the athlete completes their final clearing procedure and announces clear with their hands in the air.

12. Record completion time and **keep video running continuously while you go down range to record target hits/misses.**

Clearing Procedure

1. Remove magazine
 2. Close bolt /Slide closed
 3. Pull trigger with rifle/pistol facing downrange berm.
 4. Place rifle/pistol down
 5. Raise both athlete's hands in the air and yell out loud "clear!"
- **Failure to perform clearing procedure will result in DQ.****
**** Failure to have continuous video will result in rejected score.**

Example Clearing Procedure. [CLICK HERE](#)

Scoring:

All misses are +10 secs.

Record time to complete. = Raw Time

Add 10 seconds for any miss.

RAW Time Converted to Seconds + Misses = Score

How to Score Targets:

Bullet hole/grease ring has to be inside or touching any part of the boarder of the target to count as hit.

Filming Instructions:

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