

!!! Attention !!! !!! Attention !!!!! Attention !!!

**Athletes Must Perform Clearing Procedures Correctly
or will be disqualified!!!**

**Submission Videos Must be Continuous
or Scores will not be validated!!!**

WORKOUT 1: Waddle Waddle

Sponsored by: Real Avid

For Time:

3 Waddle Walk 5 Deadlift to Box

10 Rifle

3 Waddle Walk 10 Deadlift to Box

10 Pistol

3 Waddle Walk 15 Deadlift to Box

10 Rifle

3 Waddle Walk 20 Deadlift to Box

10 Pistol

Target Distance:

Rifle: 18 yrds (54ft.)

Pistol: 18 yrds (54ft.)

You need 2 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: 2x10

Rifle: 2x10

(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:

70lbs - Mens Elite

50lbs - Mens Intermediate/Masters

50lbs - Womens Elite

35lbs - Womens Intermediate Intermediate/Master

Box Heights:

24" - Mens Elite

24" - Mens Intermediate/Masters

20" - Womens Elite

20" - Womens Intermediate Intermediate/Master

Setup:

This workout requires 2 printed pistol targets and 2 printed rifle targets

Target orientation is landscape

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 18 yards (54 ft.) up range from targets and mark firing line.

Your workout area can be anywhere behind the firing line But all work must be done in video frame at all times.

You can use a table as shown in sample video but it is not required.

Both firearms must remain at firing line at all times.

Workout Area Setup:

1. Place box behind firing line in workout area.
2. Measure 20 ft. from box and mark waddle walk start/finish line.
3. Place appropriate weight behind waddle walk start/finish line.

Movement Standard:**Waddle Walk Deadlift to Box****1. Athlete can only hold dumbbell vertically by its weight.**

- athlete can not use the dumbbell handle.
- athlete can only hold one weight of dumbbell.
- dumbbell must stay vertically orientation at all times.

2. Dumbbell begins on the ground, **oriented vertically** (on end), behind waddle walk start/finish line.

3. Gripping the top weight of the dumbbell **only**, the athlete lifts the dumbbell and waddles 20' to the box keeping dumbbell between the athlete's legs.

***** Dumbbell must stay below athlete's belt line at all times while waddling *****

***** Dumbbell must stay below athlete's belt line at all times while waddling *****

4. Once athlete reaches the box they perform prescribed deadlifts to box.

- Round 1 - 5 Deadlift to box
- Round 2 - 10 Deadlift to box
- Round 3 - 15 Deadlift to box
- Round 4 - 20 Deadlift to box

5. **Deadlift to Box** is performed by touching the bottom of the vertically oriented dumbbell to the ground and then raising the bottom of the vertically oriented dumbbell to the top of the box.
(Ground to Box = 1 Rep)

7. After completing prescribed deadlifts to box the athlete waddles back to the waddle walk start/finish.

8. One rep is complete when both the athlete and the bottom of the vertically oriented dumbbell touch behind the waddle walk start/finish line.

Workout Instructions:

1. Start with both firearms on table/ground at the firing line **UNLOADED !!!**
2. Athlete in the workout area behind the waddle walk start/finish line.
3. On Go: Athlete waddle walks to the box, performs 5 Deadlifts to Box, and waddle walks back to waddle walk start/finish line.
4. Athlete **repeats this 2 more times (3 times total)!**
5. After finishing 3rd waddle walk, athlete approaches the firing line, loads **rifle** and performs 10 rifle shots.

Firing position is free standing unsupported.

6. Athlete can engage any rifle circle on the rifle targets but there is a maximum of 2 hits per small circle.
7. Once firing sequence is complete perform Clearing Procedure.

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

8. Once athletes hands are raised and athlete announces clear they can turn around and return to the workout area to perform their next round of work.

9. The next round of work is completed exactly the same except 10 Deadlifts to box must be competed each waddle walk trip.

10. After completing the 3rd waddle walk, athlete approaches the firing line, loads **pistol** and performs 10 pistol shots.

11. Compete rounds 3 and 4 by following steps 2-10 and substituting 15 and 20 deadlifts to box respectfully.

8. Time stops following final clearing procedure when athletes raises hands and announces "clear."

9. 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