

WOD 1 "PUMP AND JUMP"

M/F M/F

10/each Burpee Jump Overs

100ft/each OH Plate Walking Lunge

RX: 45/25 with wall jump over

SC: 35/25 with 24" box jump over/step over

Description: one pair starts with the lunges while the others start with the burpees, once both complete their station, switch and complete the next movement.

WOD 2 "BLACK LUNG"

Females complete:

20 Single Arm DB Thrusters

20 Calorie Assault Bike

Males complete:

40 Single Arm DB Thrusters

40 Calorie Assault Bike

Females complete:

20 Single Arm DB Thrusters

20 Calorie Assault Bike

RX: 50/35

SC: 40/20

Description: only one athlete working at once, athletes can share the work however they wish with their same sex partner. Must complete the reps in the first movement to start on the next.

WOD 3 "BETTER TOGETHER"

Synchronized

21-15-9

KBS

Hand Release Push-Ups

RX: 53-44-35-27 Kettlebell Snatch

SC: 53-44-35-27 Kettlebell Swing with option of knee push-up

Description: athletes must show extension overhead in a synchronized fashion, as well as the top of each push-up. 3 rep burpee penalty to teams not doing synchronization.

WOD 4 "FOLLOW THE LEADER"

Conga Line

Row 250m

20 Box Jumps (20")

20 Toes to Bar

20 Pistols/Jump Squats

RX: Pistol Squat (10/leg)

SC: Knee Raises with Jump Squats

Description: Follow the leader format, one athlete starts on the rower while others wait. Once completed, athlete 1 moves onto box jumps while athlete 2 starts their row, and so on. For every 2 pistols not completed, 1 team burpee will be assigned at the end of this workout.

WOD 5 "GRACEFUL ISABEL"

M/M F/F

30 Clean and Jerks

30 Snatches

RX: 95/65

SC: 75/55

Description: males will work together to accumulate 30 clean and jerks and 30 snatches. Females will work together to also accumulate 30 reps of each movement. Any form of CJ and Snatch is accepted.