

WOD 1 - Barbell Gauntlet - TC: 15 min

Bar Complex

Buy-in: 2 Burpees

3 Deadlifts

2 Clean & Jerks

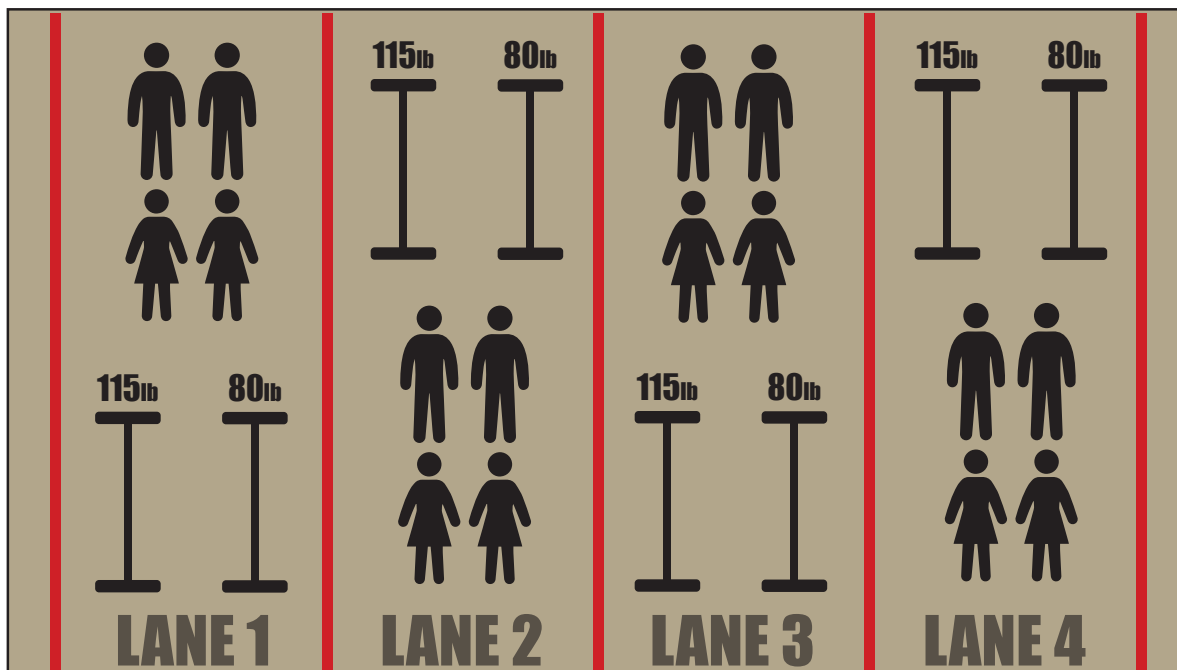
1 Squat Clean

WEIGHT	
TIME	M / F
0:00 - 5:00	75/55
5:00 - 10:00	95/75
10:00 - 15:00	115/80

Workout Details:

- * Only one athlete works at a time.
- * Teams can go in any order.
- * Athletes may complete as many unbroken rounds as possible before switching.
- * Once the barbell is dropped or the complex is broken, the next athlete must take over.
- * Resting or re-gripping at the bottom of a rep is considered a broken round.
- * If an athlete breaks the complex, that round does not count.

Score: Total completed rounds of the complex.



Team Name:

WOD 1 - Barbell Gauntlet

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WEIGHT

TIME

M / F

0:00 - 5:00

75/55

5:00 - 10:00

95/75

10:00 - 15:00

115/80

Total Rounds:

Team Captain Sign:

WOD 2 - ROW, RIDE, REPEAT - TC: 25 min

A) 150cal row

B) 100cal bike

20 sync ball tap pushups

A) 100cal bike

B) 150cal row

Workout Details:

- * Each team of four is divided into two pairs: Group A and Group B.
- * Groups must complete their assigned portion of the workout before moving on to the synchronized ball tap push-ups.
- * Once the push-ups are completed, groups will switch sides and repeat the opposite workout.
- * **Score:** Fastest total time to complete the workout.



Team Name:	
WOD 1 - ROW, RIDE, REPEAT A) 150cal row B) 100cal bike 20 sync ball tap pushups A) 100cal bike B) 150cal row	Part 1 GROUP A Row GROUP B Bike
	20 Sync Ball Tap Burpees
	Part 2 GROUP A Bike GROUP B Row

Time Completed:

Team Captain Sign:

WOD 3 - Let's Race - TC: 15 min

Course:

- Lap Run (length TBA)
- * DB Power Snatches
- Lap Run
- * Ball Slams
- Lap Run
- * KB Swings
- Lap Run
- * Box Jump/Step Overs 24/20"

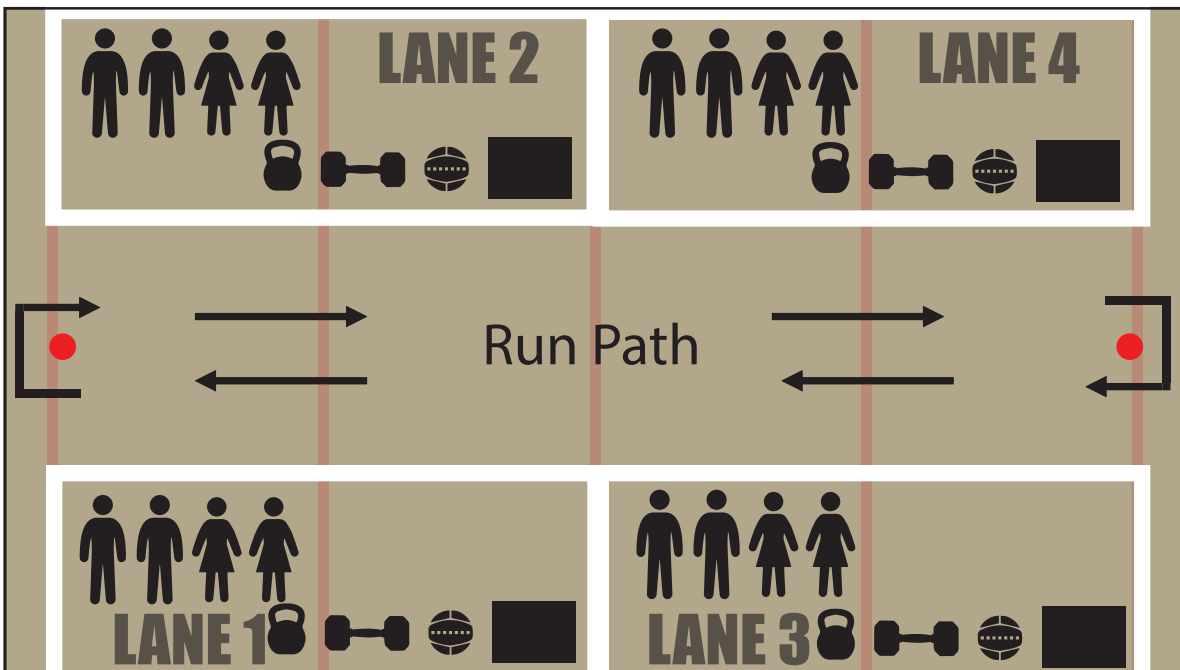
WEIGHT	
EQUIPMENT	M / F
DUMBBELL	50/35
DEADBALL	30/20
KETTLEBELL	53/44
BOX	24/20

A1:	A2:	A3:	A4:
1 Lap	2 Lap	3 Lap	4 Lap
* 5 Reps	* 10 Reps	* 15 Reps	* 20 Reps

Workout Details:

- * Each team starts in a designated team square on the arena floor.
- * The run path is marked from one end of the floor to the other.
- * One athlete at a time is able to work.
- * Each athlete must complete the full workout before the next athlete starts.

Score: Fastest total time



Team Name:

Athletes

RUN

DB

BALL

KB

BX

1

1 Lap

5

5

5

5

2

2 Laps

10

10

10

10

3

3Laps

15

15

15

15

4

4 Laps

20

20

20

20

Time Completed:

Team Captain Sign: