

Category: RX



WOD #1

14 Min AMRAP

100 Double Unders
15 Synchro Burpees Over Bar
75 Calorie Row
15 Synchro Burpees Over Bar
50 Overhead Squats (95/65)
15 Synchro Burpees Over Bar

- DU, Row & OHS reps can be split up however you choose. Burpees must be performed synchronized.
- **Score: Most reps completed**

WOD #2 “Max DT”

8 Min Time Cap

12 Deadlifts + 9 Hang Power Cleans + 6 Jerks

- Bar cannot be rested on the ground at any time during the complex.
- Complex must be completed unbroken for score to count.
- **Score: Most weight lifted - combined athlete total**

WOD #3

9 Min Cap

70 Toes to Bar
50 Chest to Bar
30 Clean to Thrusters (135/95)

- Partner must hold the bar in front rack position during toes to bar and chest to bar.
- Bar can be traded at any time.
- Reps only count when bar is racked.
- **Score: Fastest time to complete**