

Category: SCALED



WOD #1

14 Min AMRAP

100 Single Unders
15 Synchro Burpees Over Bar
75 Calorie Row
15 Synchro Burpees Over Bar
50 Overhead Squats (65/45)
15 Synchro Burpees Over Bar

- Skipping, 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 Knee Ups
50 KBS (24kg/16kg) above eye level
30 Clean to Thrusters (95/65)

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