

WOD 1

AMRAP in 16 min of:

Complete 2 rounds of:

5 Cleans (Power or Squat)

10 T2B*

15/12 cal Row

Add weight every at the end of each 2 rounds completed.

Load 1: Rx 135/95, Scaled 95/65

Load 2: Rx 155/115, Scaled 115/85

Load 3: Rx 175/125, Scaled 135/ 95

Load 4: Rx 195/135, Scaled 155/115

*Scaled: Weighted AbMat Sit-ups, 20/14# Med Ball

WOD 2 & WOD 3 (15 min)

AMRAP in 7 min of:

30 DU*

10 Burpee Box Jump Overs, 30/24

Scaled: 60 Single Unders

then...

WOD 3 (from min 7-15)

From the rack,

Max Shoulder to Overhead