

WOD #1 RX at 135/95..... Scaled #95/65 w/ 125 Single Jump Ropes
1000m Row

15-12-9

Power Clean

Push Jerk or Push Press

after final 9 reps is 100 Double Unders

WOD#2.... 8MINs to find max Weight in complex [Athlete responsible for changing plates] At 8:00min mark, if barbell as left the ground the lift will count if fully completed all the movements required!!!

1 Squat Clean + 2 Front Squats + 1 Power Clean

WOD#3 RX DB #50/35/ WB #20/14/Overhead #95/65.....Scaled Assault Bike Cals 10
,DB #35/20, WB #14/10, Lunges 2 #35/20 DBs in a Hanging Position

3 Rounds for time #18:00 min time cap

15 Cal Assault Bike

24 Single Arm DB Snatches [alternating arms]

24 Wall Balls

60FT Barbell Overhead Walking Lunges