Recreational WOD’s

WOD #1:
12 Minute AMRAP
- 10 Calorie Row
- 10 Burpees
- 10 Overhead plate lunges (45#/25#)
- 10 Pull ups

  • Partners will alternate doing each exercise (after pull ups the same person will go to rowing).

WOD #2:
7 Minute AMRAP:
Ground to Overhead (95#/65#)
  - Rest 1 Minute   -
10 Minute Cap of:
  50-40-30-20-10 (alternate between Box Jumps and KB Swings)
Box Jumps (24”/20”)
Kettlebell Swings (53#/35#)

  • Throughout the entirety of the WOD only one partner may be working at a time to complete the reps, they may alternate reps in any way.
WOD #3:

12 Minute Cap of:

Suicide Thrusters (95#/65#)

Line 1 & back 5 Thrusters (Switch with partner)

Line 2 & back 5 Thrusters (Switch with partner)

Line 3 & back 5 Thrusters (Switch with partner)

Line 4 & back 5 Thrusters (Switch with partner)
Competitive WOD’s

WOD#1:

17 Minute Cap of:

Partner 1: Partner 2:

10 Burpee Muscle Ups 10 Turkish Get Ups (53#/35#)

-Then-

Partner 1&2

30ft of Barbell Lunges (135#/95#)
(only one partner goes down and back at a time)

-Then-

100 Meter Run-

-Then-

Reps of: 9-15-21 (complete number of reps as a team)

Handstand Push Ups
Pull Ups

WOD#2:

Suicide Ladder

15 Minute Cap of:

Line 1 – 8 Ground to Overhead (115#/85#)

Line 2 – 6 Ground to Overhead (135#/95#)

Line 3 – 4 Ground to Overhead (155#/105#)

Line 4 – 2 Ground to Overhead (185#/115#)
WOD #3:

15 Minute Cap of:

Partner Karen (20#/12#), (10ft/8ft)

-Then-

<table>
<thead>
<tr>
<th>Partner 1:</th>
<th>Partner 2:</th>
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<tbody>
<tr>
<td>25 Deadlifts (185#/115#)</td>
<td>Partner Holds Front Rack Position (185#/115#)</td>
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-Switch-

- Each partner must complete 25 deadlifts. If the 25 deadlifts are not consecutive, partners are required to complete 3 burpess at every switch.

-Then-

200m Run to Finish