

FIBArk Frenzy

One works, two rest

15:00 TC

1000m row

40 wall balls (20#/14#)(14#/10#)

30 power snatches (115#/85#)(75#/55#)

20 HSPU/HRPU

750m row

30 wall balls

20 power snatches (135#/105#)(95#/65#)

10 HSPU/HRPU

500m row

20 wall balls

10 power snatches (155#/115#)(115#/85#)

5 HSPU/HRPU

Score = Time

One athlete starts seated on the rower, hands off the handles. At 3..2..1..GO, the athlete will begin the 1000m row. One athlete works at a time. Athletes must tag in before they begin work.

Row: Athletes may switch as often as they'd like. The rower must read 1000m/750m/500m before the athlete exits the rower.

Wall balls: Athletes must squat below parallel (knees below hips) at the bottom and fully extend arms, knees and hips at the top of the wall ball.

Power snatches: Completed when arms are locked out overhead with hips and knees fully extended.

Handstand push-ups: May be strict or kipping. HSPUs are completed when arms are fully extended. Athletes can use a mat or bare floor and the head must touch for the rep to count.

Hand-release push-ups: Athlete must release hands at the bottom, fully extend arms at the top. HRPU may not be performed on knees.

Tie-break time at the end of Round 1 will be used if athletes don't complete the WOD by the end of 15:00 and there is a tie in # of reps.

St. Elmo's FIRE

1 clean + 1 front squat

6:00 for all 3 athletes

Each partner will perform 1 clean (squat or power) and 1 front squat. Clean must be completed (full extension of the knees and hips, elbows in front of the bar) before the front squat is started. Front squat must be to full depth = hips below knees, and stood to full hip and knee extension before athlete drops the bar. Controlled drop, please. Non-working partners may assist the working partner with weight changes.

Score = Total 3x1RM complex

Brown's Canyon Blitz

15:00 TC

Athletes 1 & 2

50 synchro box jumps (24"/20")

30 C2B pull-ups/ring rows

Athlete 2 & 3

50 synchro single DB OH lunges (50/35)(35/25)

50 DB floor press

Athlete 1 & 3

30 synchro burpees over DB

300' partner wheelbarrow (switch every 25')

Score = Time

Box Jumps - Both athletes must have both feet on top of the box at the same for the rep to count.

C2B -The chest must make contact with the bar below the collarbone for the rep to count. Arms must be fully locked out at the bottom for the rep to count.

Ring Rows - The body must be in a fully extended opposition (hips and knees fully open) and the rings must touch the chest for the rep to count. Feet must remain on the tape beneath rings through all reps.

Lunges -Each athlete must touch the ground with their knee for the rep to count. Both athletes must stand, fully locked out and in full extension at the same time for the rep to count. Athletes

do NOT have to touch their knees to the ground at the same time. Arms must be fully locked out and the entire dumbbell can not be outside of the shoulder.

Floor Press - Elbows must touch the ground and arms must be fully locked out for the rep to count.

Burpees over DB - Both athletes chest and thighs must touch the ground for the burpee to count. Both feet must be in the air at some time for the burpee to count as well as some part of the foot must travel over the DB. Athletes must jump over the DB at the same time for synchro. For the scaled division and step-over IS ALLOWED (must be done together to count as synchro).

Wheelbarrow - The athlete on the ground must start with ALL body parts behind the line and may not cross the start line until all but their hands are off of the ground. The partner may touch the ground with any body part once BOTH hands cross the line. Athletes must change positions every 25'.