



Competition Wods:

Wod #1

3:00 minute single under buy-in

25 AMRAP

5 DL 245/185

15 Burpees over bars

25 KB 53/35

200 m run

Wod #2

5 Rounds for time

(possible cap)

115/75

10 CJ

20 Lunges - knee must touch the ground

(partner must be in a handstand hold on the wall)

30 Back Squat

Wod #3

21.15.9

(Tandem everything 2 people)

Sit-ups

Wall balls

BJ

50 Double Unders after each set *(One person must complete)*

All wods partners must tag in to complete any movement