

WOD 1 Wolfman

5 Min AMRAP

30 Power Snatches (Rx 115/80, Scaled 95/65)(Masters Rx 95/65, Masters Scaled 75/55)

30 Burpees Over The Bar (Rx must jump, Scaled can step over the bar)

Rx Max Bar/Ring Muscle Ups in remaining time (Includes Masters Rx)

Scaled Max Bar/Ring Pull Ups in remaining time (Includes Masters Scaled)

Rest 3 Mins

5 Min AMRAP

30 Power Snatches (Rx 115/80, Scaled 95/65)(Masters Rx 95/65, Masters Scaled 75/55)

30 Burpees Over The Bar (Rx must jump, Scaled can step over the bar)

Rx Max Toes to Bar/Rings in remaining time (Includes Masters Rx)

Scaled Max Knees to 90 in remaining time on the bar and/or the rings (Includes Masters Scaled)

- ⇒ Snatches and burpees can be broken up any way.
- ⇒ Snatches will start from the floor and end over head at full extension.
- ⇒ Burpees can be done laterally. Rx must jump over the bar. Scaled may jump or step.
- ⇒ Chest must touch the ground before a burpee will count.
- ⇒ In the first 5 minute WOD, once 30 snatches and 30 burpees over the bar are completed, athletes will use the remaining time to complete as many muscle-ups (Rx) or pull-ups (scaled) as possible.
- ⇒ Athletes will have a 3 minute break between WODs.
- ⇒ In the second 5 minute WOD, once 30 snatches and 30 burpees over the bar are completed, athletes will use the remaining time to complete as many toes to bar (Rx) or knees to 90 (scaled) as possible.
- ⇒ Each team will have a bar and a set of rings. You may work at the same time if one athlete is on the bar and the other on the rings. If you both decide to use the bar only, you can not go at the same time. You must share the bar and wait on your partner. This does give an advantage to using both the bar and rings. Your team must decide if you're using both, or just one, before the workout starts.

WOD 2 Headless Horseman

2 RDS

30 HSPU (Scaled has 20 HSPUs and can use an abmat with a 10lb plate under it)

40 DB Power Cleans (Rx 50/35, Scaled 35/25)

50 Cal Row

Cash out with 10 Wall Walks (Rx walks hands to a line 7" from the wall, Scaled walks hands to a line 21" from the wall. Both palms must touch the tape line at the same time before the rep will count)

- ⇒ Athletes may divide work any way.
- ⇒ There is no minimum work requirement.
- ⇒ Only one athlete working at a time.
- ⇒ Rx athletes have 30 HSPUs each round. They may kip or do them strict. No abmats are allowed. Your head must touch the ground each time, arms must be fully extended, and feet on the wall before the rep will count.
- ⇒ Scaled athletes have 20 HSPUs each round. They may kip or do them strict. A 10lb plate and abmat are allowed. Your head must touch the abmat each time, arms must be fully extended, and feet on the wall before the rep will count.
- ⇒ On the DB Power Cleans, both DBs must touch the ground and both DBs must touch the shoulder each time. The head of the DB not touching the shoulder must be elevated slightly higher.
- ⇒ Do not drop the DBs. They must be set down. There is a 30 second penalty for dropping.
- ⇒ Athletes must reset the rower each round.
- ⇒ Rower screen must show 50 calories before teammate can start the next movement.
- ⇒ Wall walks start and end with the chest on the ground and feet off the wall.
- ⇒ Rx will walk hands to a line 7" from the wall, Scaled will walk hands to a line 21" from the wall. Both palms must touch the tape line at the same time before the rep will count.
- ⇒ When alternating reps with partner, you must wait until partner's chest is on the ground before you begin your wall walk.

WOD 3 Jaws

For Time

100 DB Box Step Ups (working one at a time)

800m Run (running together)

200y Swim (swim and OH carry at the same time)

200y OH Plate Carry

- ⇒ Athletes may divide step ups anyway until 100 total are completed.
- ⇒ Single dumbbell may be held anywhere on the shoulders. (like in the open)
- ⇒ Athletes have to open hips completely with both feet on the box at the same time.
- ⇒ Rx athletes will use a 50/35lb dumbbell. Scaled athletes will use a 35/25lb dumbbell.
- ⇒ Male athletes will have a 24" box and female athletes will have a 20" box.
- ⇒ Both athletes must start and finish the run together.
- ⇒ Pool lanes will be first come, first serve. No diving, the pool is shallow 3.5'-5'.
- ⇒ Once both athletes are in the water, they may begin.
- ⇒ Athletes may work at the same time, swimming and plate carrying.
- ⇒ Any style of swimming is accepted. If your feet touch bottom, you may not advance.
- ⇒ No flippers or swimming equipment, other than goggles and caps will be allowed.
- ⇒ The overhead plate carry for Rx athletes will be with a 45/25lb plate. Scaled athletes will use a 35/15lb plate.
- ⇒ Athletes will share a lane.
- ⇒ The plate carrier may walk forward, backwards, or sideways, but only while the plate is over head. If you drop the plate from over head, or rest the plate on your head, you must stand in place and not advance.
- ⇒ Athletes may take turns swimming and plate carrying after every 50 yards.

Frankenstein's Floater

8 Mins to each find a heavy Monster Complex

1 Full Squat Clean + 1 Hang Squat Clean + 1 Front Squat + 1 Jerk

- ⇒ Under an 8 minute clock both athletes will be working at the same time to find a max.
- ⇒ You must hang on to the bar for the entire complex.
- ⇒ There will be one 20k bar and one 15k bar for each team.
- ⇒ This is a floater and can be completed anytime on the day of the competition.