

Monster Team WOD 1



Rx

12 Minute AMRAP
50 Cal Row
50 HSPU
50 Box Jump Overs 24/20
50 Single Arm Hang Clean & Jerk 50/35

Intermediate/Masters

12 Minute AMRAP
50 Cal Row
30 HSPU
50 Box Jump Overs or Step Overs 24/20
30 Single Arm Hang Clean & Jerk 50/35

Scaled

12 Minute AMRAP
50 Cal Row
50 HR Pushups
50 Box Jump Overs or Step Overs 24/20
50 Single Arm Hang Clean & Jerk 35/25

- Athletes may break up reps any way with only one athlete working at a time.
- Athletes will row to 50 calories and may use any damper setting.
- Rx, Intermediate, and Masters athletes all have hand stand pushups. The athlete's hands will be on 15lb bumper plates with an ab mat for their head. Their head must touch the ab mat at the bottom and arms must clearly lock out at the top. Kipping is allowed.
- Scaled athletes will perform hand release pushups. The athlete's chest must touch the ground and hands must clearly come up off the ground. Arms must be locked out at the top and hips must rise with the shoulders.
- Males will use 24" box and females will use a 20" box for all divisions. Rx athletes must use a 2 foot take off and touch both feet on top of the box at the same time. They may step down or jump off the box.
- Intermediate, masters, and scaled divisions have the option to jump, like the Rx, or step up onto the box. If stepping onto the box, athletes must still touch both feet on top of the box at the same time. They may step down or jump off the box. You do not need full extension at the top of each rep.
- The single arm hang clean and jerk will follow the same movement standards as 18.1. Athletes must deadlift the DB to full extension before beginning the rep. Movement starts with the arm at full extension. The DB can be between the legs or to the side of the body. The DB must touch your shoulder before being pressed to full extension showing control at the top of the movement. You may switch arms at anytime. There is no right arm or left arm rep requirement.
- Remember this is an AMRAP, so once the hang clean and jerks are completed go back to the rower and start again.

Monster Team WOD 2



Rx

In 12 Minutes Complete
20 Synchronized Burpees
30 Snatches 95/65
20 Synchronized Burpees
30 Snatches 115/80
20 Synchronized Burpees
30 Snatches 135/95
20 Synchronized Burpees
AMRAP Snatches 155/115

Intermediate, Masters, and Scaled

In 12 Minutes Complete
20 Synchronized Burpees
30 Snatches 75/55
20 Synchronized Burpees
30 Snatches 95/65
20 Synchronized Burpees
30 Snatches 115/80
20 Synchronized Burpees
AMRAP Snatches 135/95

- Athletes must perform the burpees synchronized with partner, in order for the rep to count.
- Athletes must jump both feet back on the way down and jump both feet up on the way up.
- The chest and thighs must touch the ground at the bottom of the burpee. This must be synchronized with partner.
- Full extension and a jump with arms over head is required at the top of the burpee. This must be synchronized with partner.
- Snatches can be split up between partners in anyway.
- Bar must touch the ground with each rep.
- Athlete must have full extension of the hips, knees, and elbows at the top of the snatch.
- The weight of the snatch will increase each round and athletes must change their own weights.
- In the remainder of the 12 minutes, athletes will perform as many snatches as possible at 155/115 (Rx) and 135/95 (Intermediate, Masters, and Scaled).



Monster Team WOD 3

Rx

Complete As Many Rounds As Possible In 12 Mins

Partner A 50 Double Unders

Partner B Monster Complex (Pick Your Weight)

Then Partners Switch

Intermediate/Masters

Complete As Many Rounds As Possible In 12 Mins

Partner A 30 Double Unders

Partner B Monster Complex (Pick Your Weight)

Then Partners Switch

Scaled

Complete As Many Rounds As Possible In 12 Mins

Partner A 50 Single Unders

Partner B Monster Complex (Pick Your Weight)

Then Partners Switch

- Partner A must complete their jump ropes while Partner B completes the Monster Complex. That equals 1 round.
- Then athletes must switch, Partner A must complete the Monster Complex while Partner B completes their jump ropes. That equals 2 rounds.
- Athletes can choose any weight they would like, but must stick with that weight the entire workout.
- The score is the number of rounds completed times the weight in 12 minutes.
- The Monster Complex is...**1 hang squat clean+1 full squat clean+1 push press+1 push jerk+1 split jerk**
- Athletes can not drop the bar or set the bar on the ground during the complex.
- Athletes must deadlift the weight to full extension before beginning the hang squat clean. The hang squat clean may start anywhere above the knee. The squat must be below parallel, then stand to full extension.
- The athlete will then have to touch and go the full squat clean. That means the bar will tap the ground briefly. Then the athlete must squat below parallel and stand to full extension before starting any press.
- The push press is a dip in the front rack position with a locked knee finish. The bar must finish overhead with arms fully extended.
- The push jerk is a dip in the front rack position with a re-dip. The bar must finish overhead with arms fully extended.
- The split jerk is a dip in the front rack position, then receiving the bar overhead with arms fully extended in a split stance position.

Monster Team WOD 4 Floater



Partner A completes a set of max pull-ups

Partner B completes a set of max toes to bar

- Your score is the combined total.
- Pull-ups must have chin above the bar and reach full extension at the bottom.
- Both feet must touch the bar at the same time and both feet must clearly be behind the post at the bottom.