

Sunday, March 10, 2019

Time Domain: 10 minute cap

WOD Notes: Distance increments are every 5'

More Scaling Options: If not registered for the Open scale reps and load further as needed.

General Fitness:

"CrossFit Games Open 19.3"

For Time – 10:00 Cap

**200' Single Arm Dumbbell Front
Rack Lunge 50/35**

**50 Single Dumbbell Box Step
Ups 24"/20" 50/35**

**50 Strict 5" Elevated
Handstand Push Ups**

200' Bear Crawl

General Fitness Light:

For Time – 10:00 Cap

**200' Single Arm Dumbbell Front
Rack Lunge 35/20**

**50 Single Dumbbell Box Step
Ups 24"/20" 35/20**

50 Push Ups

200' Bear Crawl

Competitors:

"CrossFit Games Open 19.3"

For Time – 10:00 Cap

**200' Single Arm Dumbbell
Overhead Lunge 50/35**

**50 Single Dumbbell Box Step
Ups 24"/20" 50/35**

50 Strict Handstand Push Ups

200' Handstand Walk

Monday, March 11, 2019

Time Domain: 18-22 minutes

WOD Notes: N/A

More Scaling Options: Scale reps to 4-8-12 or 3-6-9 if needed.

General Fitness:

**5 Rounds
20/15 Calorie Row
3 Rounds of "Cindy"**

Cindy:

**5 Pull Ups
10 Push Ups
15 Air Squats**

General Fitness Light:

**5 Rounds
15/10 Calorie Row
3 Rounds of "Cindy"**

Cindy:

**5 Jumping Pull Ups
7 Push Ups
9 Air Squats**

Competitors:

**5 Rounds
20/15 Calorie Row
3 Rounds of C2B "Cindy"**

Cindy:

**5 Chest to Bar Pull Ups
10 Push Ups
15 Air Squats**

Tuesday, March 12, 2019

Time Domain: 12-20 minutes

WOD Notes: N/A

More Scaling Options: Half rope climbs or knotted rope climb.

General Fitness:

50 Wall Ball 20/14

5 Rope Climbs

40 Wall Ball 20/14

4 Rope Climbs

30 Wall Ball 20/14

3 Rope Climbs

20 Wall Ball 20/14

2 Rope Climbs

10 Wall Ball 20/14

1 Rope Climbs

General Fitness Light:

25 Wall Ball 14/10

5 Floor Rope Climbs

20 Wall Ball 14/10

4 Floor Rope Climbs

15 Wall Ball 14/10

3 Floor Rope Climbs

10 Wall Ball 14/10

2 Floor Rope Climbs

5 Wall Ball 14/10

1 Floor Rope Climb

Competitors:

50 Wall Ball 20/14

5 Rope Climbs

40 Wall Ball 20/14

4 Rope Climbs

30 Wall Ball 20/14

3 Rope Climbs

20 Wall Ball 20/14

2 Rope Climbs

10 Wall Ball 20/14

1 Rope Climbs

Wednesday, March 13, 2019

Time Domain: (B) 10-14 minutes

WOD Notes: Perform a squat snatch if you can. Power snatch to a OHS if needed. Don't OHS if mobility is an issue.

More Scaling Options: 115/80, 75/55

General Fitness:

**A. Every 1:30 for 15:00
1 Snatch**

**B. 6 Rounds
15/10 Calorie Bike
5 Power Snatch 95/65**

General Fitness Light:

**A. Every 1:30 for 15:00
1 Snatch**

**B. 6 Rounds
15/10 Calorie Bike
5 Power Snatch 65/45**

Competitors:

**A. Every 1:30 for 15:00
1 Snatch**

**B. 6 Rounds
15/10 Calorie Bike
5 Power Snatch 135/95**

Thursday, March 14, 2019

Time Domain: 20-30 minutes

WOD Notes: Take the front squats from the floor.

More Scaling Options: 45/35, Kettlebell if you do not have a front rack.

General Fitness:

**1K Row
100 Front Squats 75/55
100 Burpees
1K Row**

General Fitness Light:

**500m Row
50 Front Squats 65/45
30 Burpees
500m Row**

Competitors:

**1K Row
100 Front Squats 95/65
100 Burpees
1K Row**

Friday, March 15, 2019

Time Domain: 20 minutes

WOD Notes: Technique before load!

**More Scaling Options: Reduce starting load as needed. Add less load as needed. 10/5 Lbs.
Row 500m or Bike 1000m if you can not run.**

General Fitness:

AMRAP 20

400m Run

10 Power Cleans

***Start power cleans at 95/65.
Each round add 20/10 more
pounds. If you reach a load
you can not clean remain at
the previous load.**

General Fitness Light:

AMRAP 15

200m Run

10 Power Cleans

***Start power cleans at 65/35.
Each round add 10/5 more
pounds. If you reach a load
you can not clean remain at
the previous load.**

Competitors:

AMRAP 20

400m Run

10 Power Cleans

***Start power cleans at
135/95. Each round add 20/10
more pounds. If you reach a
load you can not clean remain
at the previous load.**

Saturday, March 16, 2019

Time Domain: (B) 10 minutes or less

WOD Notes: Take the push jerk from the rack. Newer members should push press.

More Scaling Options: 115/80, 75/55

General Fitness:

**A. Every 2:00 for 20:00
3 Push Jerk**

**B. 3 Rounds
12/10 Calorie SkiErg
10 Shoulder to Overhead
95/65**

General Fitness Light:

**A. Every 2:00 for 20:00
3 Push Press**

**B. 3 Rounds
12/10 Calorie SkiErg
10 Shoulder to Overhead
65/45**

Competitors:

**A. Every 2:00 for 20:00
3 Push Jerk**

**B. 3 Rounds
12/10 Calorie SkiErg
10 Shoulder to Overhead
135/95**