

Sunday, May 12, 2019 - Challenge WOD (Complete anytime this week) "CrossFit Online Qualifier 2"

80 Bar Facing Burpees

4000m Row

***30 minutes or less. The BTWB post for this will be listed on Sunday, May 12.**

Time Domain: About 15 minutes

WOD Notes: Singles are probably a good idea for this, possibly touch and go on the snatch.

Additional Modifications: 75/55, 65/45

General Fitness:

10 Rounds

3 Snatch 115/80

6 Clean & Jerk 115/80

12 Air Squats

General Fitness Light:

10 Rounds

3 Snatch 95/65

6 Clean & Jerk 95/65

12 Air Squats

Competitors:

10 Rounds

3 Snatch 135/95

6 Clean & Jerk 135/95

12 Air Squats

Monday, May 13, 2019 - Challenge WOD (Complete anytime this week) "CrossFit Online Qualifier 2"

80 Bar Facing Burpees

4000m Row

***30 minutes or less. The BTWB post for this will be listed on Sunday, May 12.**

Time Domain: About 30 minutes

WOD Notes: All the cardio!

Additional Modifications: If you can't run push an empty sled down and back 12 times or perform a 100m D-Ball Carry

General Fitness:

**5 Rounds
200m Ski Erg
250m Row
400m Run
500m Bike**

General Fitness Light:

**5 Rounds
100m Ski Erg
150m Row
200m Run
250m Bike**

Competitors:

**5 Rounds
200m Ski Erg
250m Row
400m Run
500m Bike**

Tuesday, May 14, 2019 - Challenge WOD (Complete anytime this week) "CrossFit Online Qualifier 2"

80 Bar Facing Burpees

4000m Row

***30 minutes or less. The BTWB post for this will be listed on Sunday, May 12.**

Time Domain: In 15 minutes get as far as you can.

WOD Notes: Use 2 barbells, share if there is not enough.

Additional Modifications: Reduce load and DU reps further as needed. DU's to 60 or 30.

General Fitness:

"CrossFit Online Qualifier 1"

3 Rounds

15 Deadlifts 185/125

35 Overhead Squats 65/45

90 Double Unders

General Fitness Light:

"CrossFit Online Qualifier 1"

3 Rounds

15 Deadlifts 135/95

35 Overhead Squats 65/45

90 Single Unders

Competitors:

"CrossFit Online Qualifier 1"

3 Rounds

15 Deadlifts 225/155

35 Overhead Squats 75/55

90 Double Unders

Wednesday, May 15, 2019 - Challenge WOD (Complete anytime this week) "CrossFit Online Qualifier 2"

80 Bar Facing Burpees

4000m Row

*30 minutes or less. The BTWB post for this will be listed on Sunday, May 12.

Time Domain: Get as far as you can in 8 minutes

WOD Notes: If you think you won't get through the T2B in 8 minutes and want to get through more of the workout, reduce the reps to 30.

Additional Modifications: N/A

General Fitness:

A. 1 RM Front Squat

B. "CrossFit Online Qualifier 4"

AMRAP 8

45 Thrusters 75/55

45 Toes to Bar

45 Cleans 75/55

45 Pull Ups

General Fitness Light:

A. Moderate Front Squat

B.

AMRAP 8

45 Thrusters 65/45

45 Knees to Chest

45 Cleans 65/45

45 Jumping Pull Ups

Competitors:

A. 1 RM Front Squat

B. "CrossFit Online Qualifier 4"

AMRAP 8

45 Thrusters 95/65

45 Toes to Bar

45 Cleans 95/65

45 Chest to Bar Pull Ups

Thursday, May 16, 2019 - Challenge WOD (Complete anytime this week) "CrossFit Online Qualifier 2"

80 Bar Facing Burpees

4000m Row

***30 minutes or less. The BTWB post for this will be listed on Sunday, May 12.**

Time Domain: N/A

WOD Notes: Parallette Push Ups depth is chest below top of parallettes. Dumbbell Push Up depth is chest to floor.

Additional Modifications: Banded push ups

General Fitness:

5 Rounds Not For Time

15 Dumbbell Push Ups

50' Sled Push 500/350

15 Dumbbell Push Ups

30 Box Jumps 24"/20"

General Fitness Light:

5 Rounds Not For Time

15 Incline Barbell Push Ups

50' Sled Push 400/280

30 Step Ups 24"/20"

Competitors:

5 Rounds Not For Time

15 Parallette Push Ups

50' Sled Push @ 600/420

15 Parallette Push Ups

30 Box Jumps 30"/24"

Friday, May 17, 2019 - Challenge WOD (Complete anytime this week) "CrossFit Online Qualifier 2"

80 Bar Facing Burpees

4000m Row

*30 minutes or less. The BTWB post for this will be listed on Sunday, May 12.

Time Domain: Whenever

WOD Notes: Partners work at the same time doing the movements together. On the tire flip you can flip back and forth or flip together as a team. **Farmers Carry to stop sign and squat there then come back.**

Additional Modifications: If you can't buddy carry grab a sandbag or even 2.

General Fitness:

Teams of 2

400m DB Farmers Carry 40/25

50 Air Squats

400m DB Farmers Carry 40/25

50 Air Squats

25 Tire Flips

100m Buddy Carry

800m Run

General Fitness Light:

Teams of 2

400m DB Farmers Carry 35/20

50 Air Squats

400m DB Farmers Carry 35/20

50 Air Squats

25 Tire Flips

100m Buddy Carry

800m Run

Competitors:

Teams of 2

400m DB Farmers Carry 50/35

50 Air Squats

400m DB Farmers Carry 50/35

50 Air Squats

25 Tire Flips

100m Buddy Carry

800m Run