



Monday Sept 14th



General Fitness

Modified

Competitors

A. Back Squat 5x3
Same Weight
Across 70-75%

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Same Weight
Across 70-75%

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Same Weight
Across 70-75%

B. AMRAP 15:
• 21 Box Jumps
• 15 KB Swings
53/35
• 9 Push-ups

B. AMRAP 15:
• 21 Step Ups
• 15 KB Swings
35/25
• 9 Push-ups

B. AMRAP 15:
• 21 Box Jumps
• 15 KB Swings 53/35
• 9 HSPU



Tuesday Sept 15th



General Fitness

Modified

Competitors

2 Rounds For Time:

- 60 Double Unders
- 800m Run
- 50 Wall Balls
20/14
- 20 Deadlifts
185/135

2 Rounds For Time:

- 125 Single Unders
- 400m Run
- 50 Wall Balls
14/10
- 20 Deadlifts
115/85

2 Rounds For Time:

- 100 Double Unders
- 800m Run
- 50 Wall Balls 20/14
- 20 Deadlifts
225/155



Wednesday Sept 16th



General Fitness

Modified

Competitors

A. EMOM 10:
• 3 Push Press
Increasing Load

A. EMOM 10:
• 3 Push Press
Increasing Load

A. EMOM 10:
• 3 Push Press
Increasing Load

B. 10 Rounds:
• 5 Squat Cleans
115/75
• 5 Pull-ups

B. 10 Rounds:
• 5 Squat Cleans
75/55
• 5 Banded Pull-ups

B. 10 Rounds:
• 5 Squat Cleans
155/105
• 3 Muscle-ups



Thursday Sept 17th



General Fitness

Modified

Competitors

For Time:

Buy In 50 Sit-ups

- 500m Row
- 25 Burpees
- 20 Alt DB Snatch
- 40/25
- 500m Row
- 20 ALT DB Snatch
- 40/25
- 25 Burpees
- 500m Row

Buy Out 50 Sit-ups

For Time:

Buy In 50 Sit-ups

- 500m Row
- 25 Burpees
- 20 Alt DB Snatch
- 30/20
- 500m Row
- 20 ALT DB Snatch
- 30/20
- 25 Burpees
- 500m Row

Buy Out 50 Sit-ups

For Time:

Buy In 50 Sit-ups

- 500m Row
- 25 Burpees
- 20 Alt DB Snatch
- 50/35
- 500m Row
- 20 ALT DB Snatch
- 50/35
- 25 Burpees
- 500m Row

Buy Out 50 Sit-ups



Friday Sept 18th



General Fitness

Modified

Competitors

A. Deadlift 5x3 75%
Same weight across

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Same weight across

A. Deadlift 5x3 75%
Same weight across

B. AMRAP 12:

- 12 Toes to bar
- 12 ALT Pistols to target
- 12 Air Squats

B. AMRAP 12:

- 12 Toes toward bar
- 12 ALT Lunges
- 12 Air Squats

B. AMRAP 12:

- 12 Toes to bar
- 12 ALT Pistols
- 12 Air Squats