

### **Workout 1:**

10 min. running clock.

1 male and 1 female teammate run 400m while 1 male and 1 female teammate perform as many man eaters as possible until teammate returns. Repeat until 10 min. is up.

Only 1 male and 1 female can be running or doing man eaters at a time. Male and male switch roles and female and female switch roles. The male and female do NOT need to stay together. Reps will only count if 400m run is completed. In other words, if one teammate comes in after the 10 min. clock their teammates reps will not be counted.

#### **Scoring:**

Each completed man eater will be worth one point

Each 400m run will be worth 10 pts.

Rx'd: 40#/25# Dumbbells

Intermediate: 30#/15# Dumbbells

Masters: 30#/15# Dumbbells

Masters Plus: Your choice

### **Workout 2:**

7 min. running clock

Each teammate will perform 21 deadlifts. 1 male and 1 female can lift at the same time.

All DL must be completed before the other teammate can start. When all DL's are completed the team will get as many HSPU's as possible in the remaining time. Only 1 male and 1 female can be doing HSPU's at a time.

#### **Scoring:**

Each HSPU variation will have a point value. Each member can choose a different variation but MUST stick with it for the whole workout. No kipping will be allowed.

Right into another 7 min. running clock (Teams are responsible for getting their front squat weights set up. They can be doing this during the HSPU portion of the workout)

Each teammate will perform 21 front squats. 1 male and 1 female can lift at the same time. All front squats must be completed before the other teammate can start. When all front squats are completed the team will get as many rope climbs as possible in the remaining time. Only 1 teammate will be able to rope climb at a time.

#### **Scoring:**

Each rope climb variation will have a point value. Each member can choose a different variation and may mix variations throughout the workout.

Rx'd: **DL:** 225#/155# **Front Squat:** 135#/95#

Intermediate: **DL:** 155#/105# **Front Squat:** 95#/65#

Masters: : 155#/105# **Front Squat:** 95#/65#

Masters Plus: Your choice

HSPU Variations: Head to ground, head to 1 ab mat, head to 2 ab mats, Shoulder Press.

Rx'd weight for shoulder press: 95#/65#

Intermediate: 65#/45#

Masters: 65#/45#

Rope Climb Variations: No feet, regular, modified (feet stay on ground)

**Workout 3:**

1RM Snatch.

Any variation (full, power, split) is allowed.