

ON MARCH 11TH, PUT YOUR FITNESS TO THE TEST!



ARE YOU IN?

WORKOUT NO. 1 "HIPPIY HIPPIY SHAKE"



12:00 Min AMRAP

110/100 Cal Row (40M/30F)

75 Hang Power Snatch (95/65)(75/55)

50 TTB/Toes to Hips

25 D-Ball over Shoulder (150/100)(100/75)

Max Ring Muscle Ups/Toes to Rings

D-Ball must be held at all times for reps to count!

The workout starts with 2 athletes on the rower. At 3-2-1-Go: the 3rd athlete picks up the d-ball and the rowing starts.

Only 1 athlete working on a non-rowing movement at a time.
D-Ball must be held at all times for reps to count.

WORKOUT NO. 2 "3 6 9"



9:00 AMRAP: 3-6-9-12-15, etc

Rx:

C2B

HSPU

Weighted Box Step overs 20" Box (2x40DB M/1x40DB F)

Scale:

Pull Ups

Elevated Pike Pushups (Feet on plates. Chest must touch abmat)

Weighted Box Step overs (2x30DB M/1x30DB F)

WORKOUT NO. 3 "STAND UP"



Clean + Front Squat Ladder

10 Stations

:20 Lift

:10 Transition

WORKOUT NO. 4 "ACHY BREAKY HEART"



12:00 AMRAP (All athletes working)

1:00 Rest

@0:00

1:00 To Complete:

1 Round

10 Sync Lateral Burpee over DB

10 Sync DB Snatch (65/40)(40/25)

(Once 1 round is completed, all athletes may rest)

@5:00

3:00 To Complete:

3 Rounds

10 Sync Lateral Burpee over DB

10 Sync DB Snatch (65/40)(40/25)

(Once 3 rounds are completed, all athletes may rest)

1:00 Rest

1:00 Rest

@2:00

2:00 To Complete:

2 Rounds

10 Sync Lateral Burpee over DB

10 Sync DB Snatch (65/40)(40/25)

(Once 2 rounds are completed, all athletes may rest)

@9:00

3:00 To Complete:

AMRAP

10 Sync Lateral Burpee over DB

10 Sync DB Snatch (65/40)(40/25)

