



RX

WOD 1

"NO REST FOR THE WICKED"

2 Rounds for Time

FOR TIME

Men 5 / Women 3 LegLess Rope Climb

Cap.: 7'

50 Box Jumps Over (30/24")

WOD 2

"DT"

8 Rounds Of:

FOR TIME

12 Deadlifts (135/95lbs)

Cap.: 8'

9 Hang Power Cleans

6 Shoulders To Overhead

WOD 3

"BALLS ON FIRE"

10 Medball Volley (20/14Lbs)

10 Throws Ball Over Shoulders (120/70Lbs)

20 Medball Volley (20/14Lbs)

8 Throws Ball Over Shoulders (120/70Lbs)

30 Medball Volley (20/14Lbs)

FOR TIME

6 Throws Ball Over Shoulders (120/70Lbs)

Cap.: 9'

40 Medball Volley (20/14Lbs)

4 Throws Ball Over Shoulders (120/70Lbs)

50 Medball Volley (20/14Lbs)

2 Throws Ball Over Shoulders (120/70Lbs)

SCALE

WOD 1

"NO REST FOR THE WICKED"

2 Rounds for Time

FOR TIME

Men 6 / Women 4 Rope Climbs

Cap.: 7'

40 Box Jumps Over (24/20")

WOD 2

"DT"

8 Rounds Of:

FOR TIME

12 Deadlifts (95/55lbs)

Cap.: 8'

9 Hang Power Cleans

6 Shoulders To Overhead

WOD 3

"BALLS ON FIRE"

10 Medball Volley (14/10Lbs)

5 Throws Ball Over Shoulders (120/70Lbs)

20 Medball Volley (14/10Lbs)

4 Throws Ball Over Shoulders (120/70Lbs)

30 Medball Volley (14/10Lbs)

FOR TIME

3 Throws Ball Over Shoulders (120/70Lbs)

Cap.: 9'

40 Medball Volley (14/10Lbs)

2 Throws Ball Over Shoulders (120/70Lbs)

50 Medball Volley (14/10Lbs)

1 Throws Ball Over Shoulders (120/70Lbs)

AMADOR / MASTER / MISTO

WOD 1

"NO REST FOR THE WICKED"

2 Rounds for Time

FOR TIME

Men 7 / Women 5 Rope Climbs

Cap.: 7'

50 Box Jumps Over (24/20")

WOD 2

"DT"

8 Rounds Of:

FOR TIME

12 Deadlifts (115/75lbs)

Cap.: 8'

9 Hang Power Cleans

6 Shoulders To Overhead

WOD 3

"BALLS ON FIRE"

10 Medball Volley (20/14Lbs)

10 Throws Ball Over Shoulders (120/70Lbs)

20 Medball Volley (20/14Lbs)

8 Throws Ball Over Shoulders (120/70Lbs)

30 Medball Volley (20/14Lbs)

FOR TIME

6 Throws Ball Over Shoulders (120/70Lbs)

Cap.: 9'

40 Medball Volley (20/14Lbs)

4 Throws Ball Over Shoulders (120/70Lbs)

50 Medball Volley (20/14Lbs)

2 Throws Ball Over Shoulders (120/70Lbs)