

Workouts SUPER GAMES SERIES #4

Workouts / Categoria	RX / RX 35+	AMADOR / AMADO 35+ / MASTER 40+	MASTER 45+	SCALE	TEENS	TIMES RX	TIMES AMADOR	TIMES SCALE
WOD 1	3 Rounds	3 Rounds	3 Rounds	3 Rounds	3 Rounds	3 Rounds	3 Rounds	3 Rounds
LET THE MADNESS BEGIN	15 Box Jumps Over (30/24")	15 Box Jumps Over (24/20")	15 Box Jumps Over (24/20")	15 Box Jumps Over (24/20")	15 Box Jumps Over (24/20")	30 Box Jumps Over (30/24")	30 Box Jumps Over (24/20")	30 Box Jumps Over (24/20")
FOR TIME	10 Deadlifts (100/65KG)	12 Deadlifts (90/55)	12 Deadlifts (80/45)	12 Deadlifts (60/35)	12 Deadlifts (60/35)	20 Deadlifts (100/65KG)	20 Deadlifts (90/55)	25 Deadlifts (60/35)
INDIVIDUAL Cap.: 6'								
TIMES Cap.: 10'	5 Ring Muscle Ups	9 Chest To Bar Pull Ups	9 Pull Ups	9 Pull Ups	9 Pull Ups / Hand Release Push Ups	10 Ring Muscle Ups	15 Chest To Bar Pull Ups	20 Pull Ups
WOD 2	3 Rope Climbs (Leg Less / Basket)	3 Rope Climbs	3 Rope Climbs	1 Rope Climb	1 Rope Climb	6 Rope Climbs *	6 Rope Climbs *	6 Rope Climbs *
A TOUT LE MONDE	21/15 Calories In Assault Air Bike	21/15 Calories In Assault Air Bike	21/15 Calories In Assault Air Bike	21/15 Calories In Assault Air Bike	21/15 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 60/45 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 60/45 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 60/45 Calories In Assault Air Bike
FOR TIME	3 Rope Climbs (Leg Less / Basket)	3 Rope Climbs	3 Rope Climbs	1 Rope Climb	1 Rope Climb	6 Rope Climbs *	6 Rope Climbs *	6 Rope Climbs *
INDIVIDUAL Cap.: 8'	15/10 Calories In Assault Air Bike	15/10 Calories In Assault Air Bike	15/10 Calories In Assault Air Bike	15/10 Calories In Assault Air Bike	15/10 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 45/30 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 45/30 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 45/30 Calories In Assault Air Bike
TIMES Cap.: 12'	3 Rope Climbs (Leg Less / Basket)	3 Rope Climbs	3 Rope Climbs	1 Rope Climb	1 Rope Climb	6 Rope Climbs *	6 Rope Climbs *	6 Rope Climbs *
	9/5 Calories In Assault Air Bike	9/5 Calories In Assault Air Bike	9/5 Calories In Assault Air Bike	9/5 Calories In Assault Air Bike	9/5 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 30/15 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 30/15 Calories In Assault Air Bike	* CONDITION: Partners In Pull Up HOLD 30/15 Calories In Assault Air Bike
WOD 3	21 Thrusters (60/40)	21 Thrusters (50/35)	21 Thrusters (40/25)	21 Thrusters (40/25)	15 Thrusters (40/25)	Atleta A: 21 Thrusters (60/40) + 9 Burpees Facing Box Jumps Over (30/24")	Atleta A: 21 Thrusters (50/35) + 9 Burpees Facing Box Jumps Over (24/20")	Atleta A: 21 Thrusters (40/25) + 9 Burpees Facing Box Jumps Over (24/20")
DANCE OF DEATH	9 Burpees Facing Box Jumps Over (30/24")	9 Burpees Facing Box Jumps Over (24/20")	9 Burpees Facing Box Jumps Over (24/20")	9 Burpees Facing Box Jumps Over (24/20")	9 Burpees Facing Box Jumps Over (24/20")	* CONTITION Atletas B e C: 400m SYNCRO Running	* CONTITION Atletas B e C: 400m SYNCRO Running	* CONTITION Atletas B e C: 400m SYNCRO Running
FOR TIME	15 Thrusters (60/40)	15 Thrusters (50/35)	15 Thrusters (40/25)	15 Thrusters (40/25)	12 Thrusters (40/25)	Atleta B: 15 Thrusters (60/40) + 15 Burpees Facing Box Jumps Over (30/24")	Atleta B: 15 Thrusters (50/35) + 15 Burpees Facing Box Jumps Over (24/20")	Atleta B: 15 Thrusters (40/25) + 15 Burpees Facing Box Jumps Over (24/20")
INDIVIDUAL Cap.: 7'	15 Burpees Facing Box Jumps Over (30/24")	15 Burpees Facing Box Jumps Over (24/20")	15 Burpees Facing Box Jumps Over (24/20")	15 Burpees Facing Box Jumps Over (24/20")	12 Burpees Facing Box Jumps Over (24/20")	* CONTITION Atletas A e C: 400m SYNCRO Running	* CONTITION Atletas A e C: 400m SYNCRO Running	* CONTITION Atletas A e C: 400m SYNCRO Running
TIMES Cap.: 9'	9 Thrusters (60/40)	9 Thrusters (50/35)	9 Thrusters (40/25)	9 Thrusters (40/25)	9 Thrusters (40/25)	Atleta C: 9 Thrusters (60/40) + 21 Burpees Facing Box Jumps Over (30/24")	Atleta C: 9 Thrusters (50/35) + 21 Burpees Facing Box Jumps Over (24/20")	Atleta C: 9 Thrusters (40/25) + 21 Burpees Facing Box Jumps Over (24/20")
	21 Burpees Facing Box Jumps Over (30/24")	21 Burpees Facing Box Jumps Over (24/20")	21 Burpees Facing Box Jumps Over (24/20")	21 Burpees Facing Box Jumps Over (24/20")	15 Burpees Facing Box Jumps Over (24/20")	* CONTITION Atletas B e A 400m SYNCRO Running	* CONTITION Atletas B e A 400m SYNCRO Running	* CONTITION Atletas B e A 400m SYNCRO Running
WOD 4	30m Handstand Walking	400m Running	400m Running	400m Running	400m Running	60m Handstand Walking	400m Running	400m Running
LEG DIVISION	50 WallBall Shots (10/6KG)	50 WallBall Shots (10/6KG)	40 WallBall Shots (10/6KG)	40 WallBall Shots (10/6KG)	30 WallBall Shots (10/6KG)	150 WallBall Shots (10/6KG)	150 WallBall Shots (10/6KG)	120 WallBall Shots (10/6KG)
FOR TIME	15 Clean & Jerks (80/55KG)	15 Clean & Jerks (60/45KG)	15 Clean & Jerks (50/35KG)	15 Clean & Jerks (50/30KG)	15 Clean & Jerks (50/30KG)	30 Clean & Jerks (80/55KG)	30 Clean & Jerks (60/45KG)	30 Clean & Jerks (50/30KG)
INDIVIDUAL Cap.: 12'	50 WallBall Shots (10/6KG)	50 WallBall Shots (10/6KG)	40 WallBall Shots (10/6KG)	40 WallBall Shots (10/6KG)	30 WallBall Shots (10/6KG)	150 WallBall Shots (10/6KG)	150 WallBall Shots (10/6KG)	120 WallBall Shots (10/6KG)
TIMES Cap.: 18'	30m Handstand Walking	400m Running	400m Running	400m Running	400m Running	60m Handstand Walking	400m Running	400m Running
FINAL	BUY IN:	BUY IN:	BUY IN:	BUY IN:	BUY IN:	BUY IN:	BUY IN:	BUY IN:
	50/35 Calories In Assault Air Bike	50/35 Calories In Assault Air Bike	50/35 Calories In Assault Air Bike	40/25 Calories In Assault Air Bike	50/35 Calories In Assault Air Bike	100/70 Calories In Assault Air Bike	100/70 Calories In Assault Air Bike	100/70 Calories In Assault Air Bike
	Then:	Then:	Then:	Then:	Then:	Then:	Then:	Then:
FOR TIME	2 ROUNDS OF:	2 ROUNDS OF:	2 ROUNDS OF:	2 ROUNDS OF:	2 ROUNDS OF:	2 ROUNDS OF:	2 ROUNDS OF:	2 ROUNDS OF:
INDIVIDUAL Cap.: 12'	30 Dumbbell Snatches (22,5/17,5KG)	30 Dumbbell Snatches (17,5/15KG)	30 Dumbbell Snatches (17,5/15KG)	30 Dumbbell Snatches (17,5/15KG)	30 Dumbbell Snatches (15/10KG)	Atleta A: 30 Dumbbell Snatches (22,5/17,5KG) Atleta B: 30 Dumbbell Snatches (22,5/17,5KG) Atleta C: 30 Dumbbell Snatches (22,5/17,5KG)	Atleta A: 30 Dumbbell Snatches (17,5/15KG) Atleta B: 30 Dumbbell Snatches (17,5/15KG) Atleta C: 30 Dumbbell Snatches (17,5/15KG)	Atleta A: 30 Dumbbell Snatches (15/10KG) Atleta B: 30 Dumbbell Snatches (15/10KG) Atleta C: 30 Dumbbell Snatches (15/10KG)
TIMES Cap.: 18'	20 Dumbbell Steps Over The Box (24/20")	20 Dumbbell Steps Over The Box (24/20")	20 Dumbbell Steps Over The Box (24/20")	20 Dumbbell Steps Over The Box (24/20")	20 Dumbbell Steps Over The Box (24/20")	Atleta A: 20 Dumbbell Steps Over The Box (24/20") Atleta B: 20 Dumbbell Steps Over The Box (24/20") Atleta C: 20 Dumbbell Steps Over The Box (24/20")	Atleta A: 20 Dumbbell Steps Over The Box (24/20") Atleta B: 20 Dumbbell Steps Over The Box (24/20") Atleta C: 20 Dumbbell Steps Over The Box (24/20")	Atleta A: 20 Dumbbell Steps Over The Box (24/20") Atleta B: 20 Dumbbell Steps Over The Box (24/20") Atleta C: 20 Dumbbell Steps Over The Box (24/20")
	10 Dumbbell Devil Presses	10 Dumbbell Devil Presses	10 Dumbbell Devil Presses	10 Dumbbell Devil Presses	10 Dumbbell Devil Presses	2 ROUNDS OF: Atleta A: 10 Dumbbell Devil Presses Atleta B: 10 Dumbbell Devil Presses Atleta C: 10 Dumbbell Devil Presses	2 ROUNDS OF: Atleta A: 10 Dumbbell Devil Presses Atleta B: 10 Dumbbell Devil Presses Atleta C: 10 Dumbbell Devil Presses	2 ROUNDS OF: Atleta A: 10 Dumbbell Devil Presses Atleta B: 10 Dumbbell Devil Presses Atleta C: 10 Dumbbell Devil Presses