

WOD 1

12:00 MINUTE TIME CAP

80 - FRONT RACK REVERSE LUNGES W/ DUMBBELLS
60 - TOES TO BAR
40 - DEVIL PRESS
ACCUMULATING MAX CALORIES ON ASSAULT BIKE

RX: 50LB/35LB DUMBBELLS
SC: 35LB/20LB DUMBBELLS / KNEE RAISES

ON 3, 2, 1 GO TEAMS WILL COMPLETE ALL REPS OF EACH MOVEMENT BEFORE MOVING ON TO THE NEXT, WHILE ALSO ACCUMULATING CALORIES ON THE ASSAULT BIKE FOR THE FULL 12:00 MINUTES.

ATHLETES MAY ROTATE AT ANYTIME, BUT MUST COMPLETE EACH MOVEMENT BEFORE MOVING TO THE NEXT.

STANDARDS FOR MOVEMENTS:

FRONT RACK REVERSE LUNGES: BOTH DUMBBELLS HELD AT SHOULDERS, KNEE MUST TOUCH THE FLOOR.

TOES-TO-BAR: STARTING FROM A FULL HANGING POSITION, BOTH FEET MUST TOUCH THE BAR TOGETHER, INSIDE THE HANDS. ARMS/HIPS MUST REACH FULL EXTENSION AT THE BOTTOM AND FEET MUST BE BROUGHT BACK BEHIND THE BAR.

KNEE RAISES: STARTING FROM A FULL HANGING POSITION, ARMS/HIPS MUST REACH FULL EXTENSION AT THE BOTTOM AND FEET MUST BE BROUGHT BACK BEHIND THE BAR. AT THE TOP OF THE REP, KNEES MUST BE RAISED ABOVE THE HEIGHT OF THE HIPS.

DEVIL PRESS: STARTING WITH BOTH DUMBBELLS ON THE GROUND, WITH ATHLETE'S HANDS ON THE DUMBBELL, THEY'LL PERFORM A BURPEE, WITH CHEST MAKING CONTACT WITH THE DUMBBELLS. ATHLETE WILL THEN JUMP TO THEIR FEET, NEVER TAKING THEIR HANDS FROM THE DUMBBELLS. NEXT THE ATHLETE WILL SNATCH OR SWING BOTH DUMBBELLS FROM THE FLOOR SIMULTANEOUSLY, FINISHING WITH BOTH LOCKED OUT OVERHEAD, WITH HIPS, KNEES, SHOULDERS, AND ARMS AT FULL EXTENSION.