

WOD 4 – “Compounding Interest”

0:00-6:00

3 rounds of:

8 Hang Snatch

10 Toes to Bar / Hanging Knee Raise

6:00-12:00

3 rounds of:

8 Hang Clean

10 Lateral Burpees over Bar

12:00-18:00

8 Barbell Squats

10 Pullups / Jumping Pullups

Workout Description

At the call of “3,2,1 Go”, the first athlete will perform 8 Hang Snatches and 10 Toes to Bar. Then the second athlete will follow and then the third. After the third athlete has performed the barbell movement, the other team members may load the bar with the appropriate weight increase. Upon completion of the third athlete’s 10 toes to bar, the first athlete will start round 2 of Hang Snatches and Toes to bar. This will continue until each athlete has completed 3 rounds of Hang Snatch and Toes to Bar with 2 weight increases on the barbell movement.

Each 3 round workout will be performed with this same flow. If the 3 rounds have not been completed by the 6 minute mark for that workout, the athlete working will stop and let the next athlete in line begin the appropriate movement and weight required.

This workout will be scored for total time needed to complete each 3 rounder. Each rep left on the board will be a second added to total time. There are 162 possible reps to this workout.

Movement Standards

Hang Snatch – One continuous motion, with a barbell, beginning from above the knee and below the hip to locked out overhead. Elbows, knees, and hips are extended at the end of the movement. No press out will be allowed from below the level of the eyes.

Toes to Bar – Beginning from the hang, feet must pass behind the plane of the bar and then touch simultaneously to the bar between the hands.

Hanging Knee Raise – Beginning from the hang, feet must pass behind the plane of the bar and then knees raised together above the level of the hip

Hang Clean – With a barbell, start from above the knee and below the hip then lift the bar to the shoulders with elbows in front of the barbell.

Lateral Burpee – With your body parallel to the barbell perform a burpee. The athlete’s feet must jump back and forth together, chest touching the floor, and with a two foot take off jumping over the bar. Full extension does not have to be reached. Rx must jump. Scaled may step the burpees and step over the barbell.

Barbell Squat – The athlete may choose to squat the barbell in either the front rack or back rack position. However, the barbell must start on the floor and team mates may not help lift or position the barbell. Some

athletes may choose to squat clean the first rep and then back squat the rest of the set! The barbell may be dropped off the back of the athlete however it must stay on the lifting platform.

Pullups – Reps will begin with arms fully extended and feet not touching the floor or box. Reps will be counted when the athletes chin breaks the plane of the bar.

Jumping Pullup – With arms extended overhead, athletes will find a bar height close to mid forearm. The rep will begin with the athlete at full extension and feet on the ground. The rep will be counted when the athlete jumps and pulls their chin over the bar.

Weights

Hang Snatch

Rx Male 95/115/135 Rx Female 65/75/95

Sc Male 65/75/85 Sc Female 35/45/55

Hang Clean

Rx Male 135/155/185 Rx Female 95/115/135

Sc Male 85/95/115 Sc Female 55/65/75

Squat

Rx Male 185/205/225 Rx Female 135/145/165

Sc Male 115/135/155 Sc Female 75/85/95

Scoring

100 pts. Total Time