



WOD 1

200 Wall Ball Shots switch each 400m run.

Time cap : 12 min

WOD 2

6 Rounds of DT:

12 Deadlift, 9 Hang Power Clean,

6 Shoulders to Overhead,

After each Round perform

Men: **4 muscle up Bar** or 12 C2B.

Women: **2 Muscle up Bar** or 3 Pull ups or 12 Burpees to target

Equipment: Barbell 50kgs/30kgs

Time cap : 15 min

WOD 3

27-21-18-15-12-9-6-3

Cal row/Russian Kettelbel/Burpee

One athlete at a time

Equipment : Concept 2; KB: 24kgs/16kgs

Time cap : 15 min