

WORKOUT #1 (100 POINTS)

"TURF"

TIMECAP: 10 Minutes

RX

Only one team member can be working at a time.

The team members must slap hands between each transition.

The snatch and deadlift must be completed in the designated area.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

For time:

50 Calorie Air Bike

40 x Snatches (135/95)

50 x Deadlifts (275/185)

NOTES:

1. Each team has one men's bar and one women's bar.
2. The repetitions can be broken up any way the team sees fit. There is a 10 calorie, repetition minimum on each exercise.
3. The snatch cannot be started until the weight of both bars is completely loaded with clips.
4. The deadlift cannot be started until the weight of both bars is completely loaded with clips.
5. Each team will be provided 4 x 45's and 2 x 25's for the men.
6. Each team will be provided 2 x 45's and 4 x 15's for the women.

SCALED

Only one team member can be working at a time.

The team members must slap hands between each transition.

The ground to overhead and deadlift must be completed in the designated area.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

For time:

50 Calorie Air Bike

40 x Ground To Overheads (95/65)

50 x Deadlifts (225/155)

NOTES:

1. Each team has one men's bar and one women's bar.
2. The repetitions can be broken up any way the team sees fit. There is a 10 calorie, repetition minimum on each exercise.
3. The ground to overhead cannot be started until the weight of both bars is completely loaded with clips.
4. The deadlift cannot be started until the weight of both bars is completely loaded with clips.
5. Each team will be provided 4 x 45's and 2 x 25's for the men.
6. Each team will be provided 2 x 45's and 2 x 15's for the women.

WORKOUT #2 (100 POINTS)

"2 MINUTES AND 30 REPS"

TIMECAP: 2 Minutes

RX

The cleans can be power or squat.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

For time:

5 x Cleans (115/75)

5 x Cleans (135/95)

5 x Cleans (155/115)

5 x Cleans (175/125)

5 x Cleans (195/135)

5 x Cleans (215/145)

NOTES:

1. The six barbells with each weight will be setup ahead of time.

SCALED

The cleans can be power or squat.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

For time:

5 x Cleans (85/55)

5 x Cleans (105/75)

5 x Cleans (125/95)

5 x Cleans (145/105)

5 x Cleans (165/115)

5 x Cleans (185/125)

NOTES:

1. The six barbells with each weight will be setup ahead of time.

WORKOUT #3 (100 POINTS)

"MAX EFFORT 2"

RX

There are three parts to this workout, each part is worth 33 points.

Part 1 is the total calories by both team members from the row.

Part 2 is the total repetitions completed by both team members from the chest to bar pull-ups and toes to bar.

On part 2, there is a special scoring adjustment. The first unbroken set of both the chest to bar pull-ups and the toes to bar, will be doubled.

Part 3 is the total repetitions completed by both team members from the burpees over bar.

The team can choose which gender will go first.

Each team member will complete one round.

The team must choose which person will complete the chest to bar pull-ups and the other person, the toes to bar.

2 rounds of a 3 minute running clock:

Part 1: 1 Minute Calorie Row

Part 2: 1 Minute AMRAP Chest To Bar Pull-Ups OR Toes To Bar

Part 3: 1 Minute Burpees Over Bar

NOTES:

1. Any damper setting may be used on the rower.
2. The burpees will be done over a men's barbell set to 135 pounds.
3. On the burpees, only a 2 footed jump over the bar will count.

SCALED

There are three parts to this workout, each part is worth 33 points.

Part 1 is the total calories by both team members from the row.

Part 2 is the total repetitions completed by both team members from the horizontal chest to bar rows.

On part 2, there is a special scoring adjustment. The first unbroken set of both team members' horizontal chest to bar rows, will be doubled.

Part 3 is the total repetitions completed by both team members from the burpees over bar.

The team can choose which gender will go first.

Each team member will complete one round.

2 rounds of a 3 minute running clock:

Part 1: 1 Minute Calorie Row

Part 2: 1 Minute AMRAP Horizontal Chest To Bar Rows

Part 3: 1 Minute Burpees Over Bar

NOTES:

1. Any damper setting may be used on the rower.
2. The horizontal bar is at a fixed height and the feet must be placed on a 45 pound plate.
3. On the horizontal row, if any part of the body touches the ground, that set is considered over.
4. On the horizontal row, kipping is allowed.
5. The burpees will be done over a men's barbell set to 135 pounds.
6. On the burpees, only a 2 footed jump over the bar will count.

WORKOUT #4 (100 POINTS)

"ALTERNATING SURF AND TURF"

TIMECAP: 12 Minutes

RX

One team member will complete the exercises before the plus sign and the other the exercises after the plus sign.

The team cannot advance to the next row until they have both completed the exercises on the current row.

The team members must slap hands between transitions.

The final score is the time completed or:

For the swim, every 5m (rounded up) remaining on the swim will be added as two seconds to the time when the timecap is reached.

For example, if 20m remain on the swim after 12 minutes, 8 seconds will be added to the time.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

For time:

200m Swim + 50 x D-Ball Squats (100/70)

40 x D-Ball Squats (100/70) + 150m Swim

100m Swim + 30 x D-Ball Squats (100/70)

20 x D-Ball Squats (100/70) + 50m Swim

NOTES:

1. The D-Ball can be carried using any method during the squat as long as it is above the waist.
2. **NO DIVING IS ALLOWED!** The pool is only 4 feet deep and this is a safety issue.
3. At the beginning of the swim, the team member must start in the pool at the edge.
4. During the swim, the edge of the pool must be touched after each 25m length.
5. During the swim, if the feet hit the bottom of the pool, no advancement may be taken. Resting by standing in the pool is allowed.
6. Any stroke may be used for the swim.

SCALED

One team member will complete the exercises before the plus sign and the other the exercises after the plus sign.

The team cannot advance to the next row until they have both completed the exercises on the current row.

The team members must slap hands between transitions.

The final score is the time completed or:

For the swim, every 5m (rounded up) remaining on the swim will be added as two seconds to the time when the timecap is reached.

For example, if 20m remain on the swim after 12 minutes, 8 seconds will be added to the time.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

For time:

200m Swim + 50 x D-Ball Squats (70/50)

40 x D-Ball Squats (70/50) + 150m Swim

100m Swim + 30 x D-Ball Squats (70/50)

20 x D-Ball Squats (70/50) + 50m Swim

NOTES:

1. The D-Ball can be carried using any method during the squat as long as it is above the waist.
2. **NO DIVING IS ALLOWED!** The pool is only 4 feet deep and this is a safety issue.
3. At the beginning of the swim, the team member must start in the pool at the edge.
4. During the swim, the edge of the pool must be touched after each 25m length.
5. During the swim, if the feet hit the bottom of the pool, no advancement may be taken. Resting by standing in the pool is allowed.
6. Any stroke may be used for the swim.
7. A paddleboard may be used for the swim.

WORKOUT #5 (100 POINTS)

"D-BALL GETS WET"

TIMECAP: 10 Minutes

RX

The team can choose which person will go first.

Each team member will complete one entire round.

The team members must slap hands between the transition.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

2 rounds for time:

10 x D-Ball Push-Ups (100/70)

50m Swim

10 x D-Ball Push-Ups (100/70)

50m Water D-Ball Carry (100/70)

10 x D-Ball Push-Ups (100/70)

25m Underwater D-Ball Roll (100/70)

NOTES:

1. On the D-Ball push-ups, the chest must hit the ball on each repetition.
2. For the water D-Ball carry, the ball can be carried using any method.
3. On the underwater D-Ball roll, the D-Ball can be rolled using only the hands.
4. The D-Ball must be cleaned out of the water and placed on the deck to complete the round.

SCALED

The team can choose which person will go first.

Each team member will complete one entire round.

The team members must slap hands between the transition.

The final score is the time completed or the number of repetitions remaining added as seconds when the timecap is reached.

2 rounds for time:

10 x Push-Ups (Hand Release)

50m Swim

10 x Push-Ups (Hand Release)

50m Water D-Ball Carry (70/50)

10 x Push-Ups (Hand Release)

25m Underwater D-Ball Roll (70/50)

NOTES:

1. A paddleboard may be used for the swim.
2. For the water D-Ball carry, the ball can be carried using any method.
3. On the underwater D-Ball roll, the D-Ball can be rolled using only the hands.
4. The D-Ball must be cleaned out of the water and placed on the deck to complete the round.