

## WORKOUT 1

20 min Cap

### 3 rds

15 metre Handstand walk – P1

### INT

7.5 metre HSW

### SCALED

15m Bear Crawl pushing  
10kg Deadball

30 Alt Wallballs 9/6 – P2, P3 9/6

9/6

6/3

15 metre Handstand walk – P1

7.5 metre HSW

15m Bear Crawl pushing  
10kg Deadball

30 Alt Box Jumps P2, P3

Step Ups

INTO

### 3 rds

10 Muscle ups – P1

5 Muscle Ups

5 Pull Ups

30 Alt DB Snatch 22.5/15kg – P2, P3

17.5/12.5kg

15/10kg

10 Muscle Ups – P1

5 Muscle Ups

5 Pull Ups

30 Alt Toe To Bar – P2, P3

20 TTB Alternating

40 Knee Raises

INTO

### 3 rds

10 Wall Walks – P1

8 Wall Walks

6 Wall Walk to Line

30 Synchro CTB – P2, P3

40 Pull Ups

20 Push Ups

10 Wall Walks – P1 (rounds 1 and 2)

8 Wall Walks

6 Wall Walk to Line

Single Arm O/H DB Walking Lunge – 22.5/15kg

17.5/12.5kg

15/10kg

P2, P3 7.5 metres

P1 7.5 metres (3<sup>rd</sup> round only)

NOTE:

All Athletes start behind rig.

P1 can be different for each 3 round block. P1 cannot participate in the other movements of the block they are P1 for.

P2 and P3 will work through

All Alternating movements can be split as you like between P2 and P3

Synchro for DB Snatch is at top of movement.