

WOD 5/12/16

Mon

Karen

150 Wall Balls @ 9/6kg

Tue

Helen

3 Rounds
400m Row
21 KBS @ 24/16kg
12 Pull Ups

Wed

Elizabeth

21/15/9
Cleans @ 60/40kg
Ring Dips

Thu

Mary/Cindy

20min AMRAP
ADV- 5 HSPUs, 10 Pistols
15 Pull Ups
RX- 5 Pull Ups, 10 Push Ups
15 Squats

Fri

Annie

50-40-30-20-10
Double Unders
Sit Ups

Mon

Fran

21-15-9
Thrusters @ 42.5/30kg
Pull Ups

Tue

Nancy (mini)

3 Rounds
400m Row
15 OH Squats @ 42.5/30kg

Wed

Isabel/Grace

Adv
30 Snatches @ 60/40kg
Rx
30 Clean & Jerks @ 60/40kg

Thu

Kelly (mini)

3 Rounds
400m Row
30 Box Jumps @ 24/20"
30 Wall Balls @ 9/6kg

Fri

Jackie

1000m Row
50 Thrusters @ 20/15
30 Pull Ups

Mon

Fight Gone Bad

3 Rounds
1min of each
Wall Balls @ 9/6kg
SDLHP @ 40/25kg
Box Jumps @ 24/20"
Push Press @ 40/25kg
Rest

Tue

Xmas WOD

EMOM
24 Air Squats
24 Sit Ups
12 Burpees
12 Box Jumps @ 24/20"
24 Lunges
24 KBS @ 24/16kg
12 Pull Ups
12 Cleans @ 50/30kg
12 Toes 2 Bar
12 Thrusters @ 50/30kg
12 HSPUs
12 Snatches @ 50/30kg
Max Cals

Rules

one & done
must complete everyday
ADV & Rx only, scaled marked equally and still in the comp

**If you miss one you will not be on the leaderboard until you complete all and email, facebook or MSG Alex your scores*

Enjoy and happy Christmas



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