

Workout 1: 3 rounds for time

All three partners work at the same time in syncro movements

RX: (single DB 50/35)

20 syncro burpees over DB

20 syncro DB snatch

75 ft syncro Overhead DB walking lunge

10:00 cap

1 minute rest and at 11:00 mark

Total weight of all three teammates: snatch complex

RX-ish (single DB 50/35)

15 syncro burpees over DB

15 syncro DB snatch

75 ft syncro Overhead DB walking lunge

10:00 cap

1 minute rest and at 11:00 mark

Total weight of all three teammates: snatch complex

Scaled (single DB 35/25)

15 syncro burpees over line

15 syncro DB snatch

75 ft syncro body weight walking lunge

10:00 cap

1 minute rest and at 11:00 mark

Total weight of all three teammates: snatch of any type (power or squat)

Workout 2: 2 working/1 resting : For Time

Two partners work while one partner rests: partners must tag to change resting partner

RX:

24 clean and jerks (185/135)

45 toes to bar

45 pistols

18 clean and jerks (205/155)

36 chest to bar pull ups

45 pistols

12 clean and jerks (225/175)

12 bar muscle ups

45 pistols

RX-ish:

24 clean and jerks (135/95)

36 toes to bar

45 goblet squats (50/35)

18 clean and jerks (155/115)

30 pull ups

45 goblet squats (50/35)

12 clean and jerks (185/135)

24 chest to bar pull ups

45 goblet squats (50/35)

Scaled:

24 clean and jerks (95/65)

45 ab mat sit ups

45 air squats

18 clean and jerks (135/95)

45 hanging knee raises (above hips)

45 air squats

9 clean and jerks (155/115)

45 jumping pull ups

45 air squats

In all categories: Partner A works on movements while Partner B rides Echo bike and Partner C rests. Athletes may change out at any time. (rest to bike to work, etc). Resting partner must be tagged in.

Workout 3: 1 working/2 resting : For Time

Waterfall entry: partner 1 + partner 2 + partner 3: Tag must occur to release next partner

RX:

5 burpee box get overs (48)

15 strict hand stand push ups

6 burpee box get overs

3/2 legless rope climbs

25 ft hand stand walk to tag

*tag partner: all three partners must complete

8:00 time cap

RX-ish

3 burpee box get overs (48)

15 hand stand push ups

4 burpee box get overs

3/2 rope climbs

25 ft sprint to tag

*tag partner: all three partners must complete

8:00 time cap

Scaled:

3 burpee box get overs (40)

10 hand release push ups

4 burpee box get overs

4 rope up/downs

25 sprint to tag

*tag partner: all three partners must complete

8:00 time cap