

AL CO-ED PARTNER COMP
06.20.15

HOSTED AT OCEANSIDE AND PRECISION



WOD 1 - 15 MINUTE AMRAP

30 ALT CLEANS
20 ALT BOX JUMPS
30 ALT SNATCHES
20 ALT BOX JUMPS
30 ALT THRUSTERS
20 ALT BOX JUMPS

ADVANCED	INTERMEDIATE	SCALED
CLEANS: 165/115	CLEANS: 135/95	CLEANS: 115/75
SNATCH: 135/95	SNATCH: 115/75	SNATCH: 95/55
THRUSTERS: 115/75	THRUSTERS: 95/65	THRUSTERS: 65/35
BOX HEIGHT: 24"	BOX HEIGHT: 24"	BOX HEIGHT: 20" (STEP-UPS OK)

* ATHLETES MUST ALTERNATE REPS THROUGHOUT THIS WORKOUT.

* ON THE CLEANS & SNATCH, BAR MUST CONTACT FLOOR BEFORE PARTNER CAN LIFT.

* ON THE THRUSTERS, BAR MUST COME BACK TO THE FRONT RACK POSITION BEFORE PARTNER CAN START THEIR NEXT REP.

* ON THE BOX JUMPS, ATHLETES FEET MUST HIT THE GROUND BEFORE THEIR PARTNER CAN JUMP FOR THEIR NEXT REP.

WOD 2 - 10 MINUTE AMRAP

A: TIME KEEPER: ROW 30 CALORIES

B: AMRAP THE FOLLOWING MOVEMENTS

ADVANCED	INTERMEDIATE	SCALED
20 DOUBLE UNDERS		40 SINGLES
10 TOES 2 BAR		15 AB MAT SIT UPS

* ATHLETES WILL PICK UP WHERE THERE PARTNER LEFT OFF.

* SCORE WILL BE COMBINED CALORIES ROWED + TOTAL REPS ON THE AMRAP.

FLOATER: 4 MINUTES

MAX BURPEE TO PULLUPS

* ONE PARTNER WORKS ON BURPEE TO PULLUPS WHILE OTHER PERSON HOLDS BAR OFF GROUND IN A

LOAD

ADVANCED: 185/125

INTERMEDIATE: 155/105

SCALED: 95/65

* BAR MUST BE PULLED FROM THE GROUND

* SCALED DIVISION WILL DO BURPEE TO BAR TOUCH

* PARTNER CAN ASSIST GETTING LOAD INTO THE FRONT RACK HOLD.

IN THE EVENT OF A TIE, THE TEAM WITH THE BETTER SCORE ON WOD 1 WILL PLACE 1ST.