

## **Workout #1 - The Grip Reaper**

For time

1500/1300m row \*split anyway \*partner holds KBs #70/53s \*if you drop you must switch

20 pull-ups \*split anyway \*partner holds KBs \*if you drop you must switch

1000/850m row

40 pull-ups

500/400m row

60 pull-ups

18min time cap

Scaled

Row the same

KBs #53s/35s

Pull-ups or jumping pull-ups

## **Workout #2 - Twin Carnage**

7min AMRAP of

Synchro burpees over the line with your partner

\*800m run buy in with your partner

\*your score is burpees

Scaled

800m run buy in

Burpees 1:1 with your partner

## **Workout #3 - You & Me**

You Go - I Go

40 wall balls #20/14

20 shoulder to overhead #135/95

6min time cap

\*one athlete working at a time

Scaled

Wall balls #14/10

Shoulder to overhead #95/65

#### **Workout #4 - Surprise Surprise Floater Workout**

#### **Workout #5 - Sudden Death**

For time

40/30cal assault bike

30 hang power cleans #135/95

30 bar muscle ups

\*split it anyway & send it

\*6min time cap

Scaled

40/30cal assault bike

30 hang power cleans #95/65

30 hanging knees to chest