

Sunday AM

Elite Individuals / Masters 35-54 / Teens 16-17

"Grit" - 100 points

For time - 11 minute time cap

21-15-9

Axle Bar Deadlifts 200lbs / 150lbs

Barbell Facing Burpees

Right into,

9-6-3 Devils Press 50/35 pounds per hand

Cross Finish Line

Workout Description:

With the athlete standing on their starting mat, at the call of 3,2,1..go! The athlete will move to their axle bar to begin 21 deadlifts. After 21 deadlifts is completed, the athlete will start their 21 barbell facing burpees. After 21 barbell facing burpees is completed, the athlete will advance their bar to their next section to begin their set of 15 deadlifts. After 15 deadlifts, they will complete their 15 barbell facing burpees. They will again roll their bar into the next section for the 9-9. After the 9 barbell facing burpees are complete, the athlete will move to the dumbbells. They will complete 9 devils press, then move to the rope and complete 3 rope climbs. After 3 rope climbs is complete, the athlete will move back to the dumbbells to complete 6 devils press. They will repeat this process until the last rope climb is finished, then they will run to the finish mat to complete the workout. If you finish within the 11 minute time cap, you will be awarded a time. If you fail to complete the work within the 11 minute time cap, you will be given an amount of repetitions as your score.

Intermediate Individuals

"Grip" - 100 points

For time - 11 minute time cap

21-15-9

Axle Bar Deadlifts 180lbs / 120lbs

NOVA3

PERFORMANCE

Barbell Facing Burpees

Right into,

9-6-3 Devils Press 50/35 pounds per hand

3-2-1 Rope Climbs

Cross Finish Line

Workout Description:

With the athlete standing on their starting mat, at the call of 3,2,1..go! The athlete will move to their axle bar to begin 21 deadlifts. After 21 deadlifts is completed, the athlete will start their 21 barbell facing burpees. After 21 barbell facing burpees is completed, the athlete will advance their bar to their next section to begin their set of 15 deadlifts. After 15 deadlifts, they will complete their 15 barbell facing burpees. They will again roll their bar into the next section for the 9-9. After the 9 barbell facing burpees are complete, the athlete will move to the dumbbells. They will complete 9 devils press, then move to the rope and complete 3 rope climbs. After 3 rope climbs is complete, the athlete will move back to the dumbbells to complete 6 devils press. They will repeat this process until the last rope climb is finished, then they will run to the finish mat to complete the workout. If you finish within the 11 minute time cap, you will be awarded a time. If you fail to complete the work within the 11 minute time cap, you will be given an amount of repetitions as your score.

Scaled Individuals /Masters 55+

“Grit” - 100 points

For time - 11 minute time cap

21-15-9

Axle Bar Deadlifts 150lbs / 100lbs

Barbell Facing Burpees

Right into,

9-6-3 Devils Press 35/25 pounds per hand

3-2-1 Rope Climbs

Cross Finish Line

*Penalty option 10 Russian Kettlebell Swings 24/16kg = 1 rope climb

*If you decide to do Russian kettlebell swings instead of rope climbs, you will be placed lower on the leaderboard than someone who does a single rope climb. You cannot switch between Russian kettlebell swings and rope climbs during the workout.

Workout Description:

With the athlete standing on their starting mat, at the call of 3,2,1..go! The athlete will move to their axle bar to begin 21 deadlifts. After 21 deadlifts is completed, the athlete will start their 21 barbell facing burpees. After 21 barbell facing burpees is completed, the athlete will advance their bar to their next section to begin their set of 15 deadlifts. After 15 deadlifts, they will complete their 15 barbell facing burpees. They will again roll their bar into the next section for the 9-9. After the 9 barbell facing burpees are complete, the athlete will move to the dumbbells. They will complete 9 devils press, then move to the rope and complete 3 rope climbs. After 3 rope climbs is complete, the athlete will move back to the dumbbells to complete 6 devils press. They will repeat this process until the last rope climb is finished, then they will run to the finish mat to complete the workout. If you finish within the 11 minute time cap, you will be awarded a time. If you fail to complete the work within the 11 minute time cap, you will be given an amount of repetitions as your score.

Elite Trios

“Grit” - 100 points

For time - 11 minute time cap

5 rounds

10 partner synchro burpee over bar

10 axle bar deadlifts 200/150 pounds

Into

9-6-3 Rope Climbs

12-9-6 Devils Press 50/35 pounds per hand

Workout Description:

With all 3 team members at the starting point, with the call of 3,2,1..go! All 3 team members will move to the first section where they will perform 10 synchro burpees over the bar. 2 members will be working while 1 is resting, and they can switch out at any point during the burpees. The team members will be together at the bottom with both of their chests on the ground on the opposite

sides of the bar facing each other. Both team members chest must be on the ground together before they begin the next rep. They do not have to jump and land together they must just be on the ground at the same time. After the 10 synchro burpees over the bar are completed, the team will perform 10 axle bar deadlifts. Only 1 team member is working during the deadlifts. After the 10 deadlifts are completed, the team will advance their bar into the second section to begin their second round of 10 synchro burpees. They will repeat this process down the floor until the five rounds are completed. There is a tie break time once your team has finished the last round of axle bar deadlifts. After the five rounds are completed, the team members will advance to the rig to complete 9 rope climbs as a team. The work does not need to be divided equally. Only 1 person is working on the rope climbs. After 9 rope climbs are completed the team will advance to the mat where they will complete 12 devils press as a team. Only 1 team member is working during the devils press. After 12 devils press, they will advance their dumbbells into the next section. They will go back to the rig to complete 6 rope climbs, then back to the mat for 9 devils press, then they will advance their dumbbells into the last section. They will return for 3 rope climbs, and then back to the mat for 6 devil press. After the 6 devils press is completed, the team members will cross the finish line. All 3 team members must move in 1 unit from station to station. If you fail to complete the work within the 11 minute time cap, you will be given a score of repetitions.

Intermediate Trios

“Grit” - 100 points

For time - 11 minute time cap

5 rounds

10 partner synchro burpee over bar

10 axle bar deadlifts 180/120 pounds

Into

9-6-3 Rope Climbs

12-9-6 Devils Press 50/35 pounds per hand

Workout Description:

With all 3 team members at the starting point, with the call of 3,2,1..go! All 3 team members will move to the first section where they will perform 10 synchro burpee over bar. 2 members will be working while 1 is resting, and they can switch out at any point during the burpees. The team

members will be together at the bottom with both of their chests on the ground on the opposite sides of the bar facing each other. They do not have to jump and land together they must just be on the ground together before starting the next rep. After the 10 synchro burpees are completed, the team will perform 10 axle bar deadlifts. Only 1 team member is working during the deadlifts. After the 10 deadlifts are completed, the team will advance their bar into the second section to begin their second round of 10 synchro burpees. They will repeat this process down the floor until the five rounds are completed. There is a tie break time once your team has finished the last round of axle bar deadlifts. After the five rounds are completed, the team members will advance to the rig to complete 9 rope climbs as a team. The work does not need to be divided equally. Only 1 person is working on the rope climbs. After 9 rope climbs are completed the team will advance to the mat where they will complete 12 devils press as a team. Only 1 person is working on the Devils Press. After 12 devils press, they will advance their dumbbells into the next section. They will go back to the rig to complete 6 rope climbs, then back to the mat for 9 devils press, then they will advance their dumbbells into the last section. They will return for 3 rope climbs, and then back to the mat for 6 devil press. After the 6 devils press is completed, the team members will cross the finish line. All 3 team members must move in 1 unit from station to station. If you fail to complete the work within the 11 minute time cap, you will be given a score of repetitions.

Scaled Trios

“Grit” - 100 points

Complete for time - 11 minute time cap

5 rounds

10 partner synchro burpee over bar

10 axle bar deadlifts 150/100 pounds

Into

9-6-3 Rope Climbs

12-9-6 Devils Press 35/25 pounds per hand

*can substitute rope climbs for 30-20-10 Russian Kettlebell Swings 24/16kg. However, you will be placed lower than any team than completes 1 rope climb. You may not switch in the middle of the workout.

Workout Description:

With all 3 team members at the starting point, with the call of 3,2,1..go! All 3 team members will move to the first section where they will perform 10 synchro burpee over bar. 2 members will be working while 1 is resting, and they can switch out at any point during the burpees. The team members will be together at the bottom with both of their chests on the ground on the opposite sides of the bar facing each other. They do not have to jump and land together they must just be on the ground with their chest on the floor at the same time. After the 10 synchro burpees are completed, the team will perform 10 axle bar deadlifts. Only 1 team member is working during the deadlifts. After the 10 deadlifts are completed, the team will advance their bar into the second section to begin their second round of 10 synchro burpees. They will repeat this process down the floor until the five rounds are completed. There is a tie break time once your team has finished the last round of axle bar deadlifts. After the five rounds are completed, the team members will advance to the rig to complete 9 rope climbs as a team. The work does not need to be divided equally. Only 1 person is working on the rope climbs. After 9 rope climbs are completed the team will advance to the mat where they will complete 12 devils press as a team. Only 1 person is working on the Devils Press. After 12 devils press, they will advance their dumbbells into the next section. They will go back to the rig to complete 6 rope climbs, then back to the mat for 9 devils press, then they will advance their dumbbells into the last section. They will return for 3 rope climbs, and then back to the mat for 6 devil press. After the 6 devils press is completed, the team members will cross the finish line. If you fail to complete the work within the 11 minute time cap, you will be given a score of repetitions.

Movement Standards

Rope Climb

- The athlete ascends the rope until they can touch the crossbeam.
- There must clearly be a physical contact with the beam.
- Jumping up on each ascent is permitted.
- Athletes must show control as they descend. NO dropping from the top of the rope.

Barbell Facing Burpee

- The athlete must always be facing the barbell when performing their repetition.
- You may choose to step back, and step towards the bar, but there must be a 2-foot take off over the barbell. Scaled and Masters 55+ athletes may choose to step over the bar however.
- The thigh and chest must make contact on the ground at the bottom of each repetition.

- The athlete's head must not be over the barbell.
- The repetition is scored when both feet land on the opposite side of the barbell.

Devils Press

- The Devil Press is a movement featuring two dumbbells of the same weight, and is essentially a combination of a dumbbell burpee, and a double dumbbell snatch.
- Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbell, they'll perform a burpee, with chest making contact with the floor. You cannot step back or up on your burpee, you must jump.
- From here, the athlete will jump to their feet, never taking their hands from the dumbbells. You cannot step to your dumbbells after the burpee.
- Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension.
- This shall indicate a completed repetition. Athletes cannot "re dip" or "power snatch" prior to lock out.
- Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

Deadlifts

- This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.
- Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees are in full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing of the barbell is allowed.

Russian Kettlebell Swing

- Every repetition must start from the hang position.
- At the top of the swing, the arms, hips and legs must be fully locked out with the kettlebell directly out front of the body. The kettlebell must pass above the shoulder for the repetition to count.
- The kettlebell must pass between the athlete's legs before being lifted back into the overhead position.