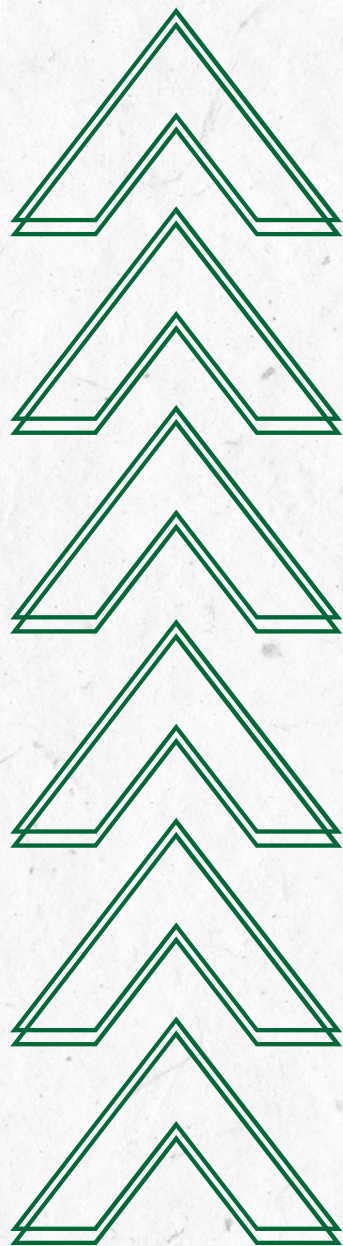


EVENT 1 - RX



FOR TIME:

- 12/15 calorie Assault bike**
24 Deadlift (65/95-lb)
- 12/15 calorie Assault bike**
21 Deadlift (75/115-lb)
- 12/15 calorie Assault bike**
18 Deadlift (95/135-lb)
- 12/15 calorie Assault bike**
15 Deadlift (105/155-lb)
- 12/15 calorie Assault bike**
12 Deadlift (125/185-lb)
- 12/15 calorie Assault bike**
9 Deadlift (155/225-lb)
- 12/15 calorie Assault bike**
6 Deadlift (185/255-lb)
- 12/15 calorie Assault bike**
3 Deadlift (205/275-lb)

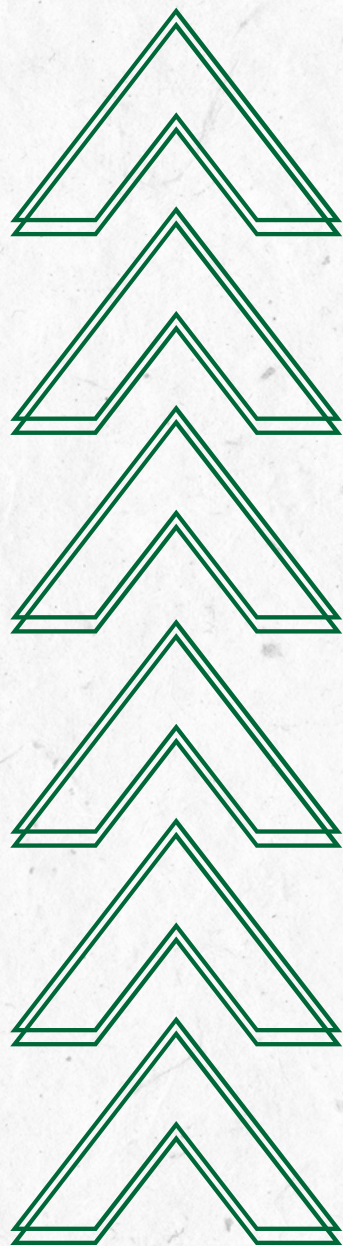


***Time cap 12:00**

****P1 and P2 will alternate rounds. Once a partner finishes their deadlifts, it is their responsibility to load the next barbell weight.**

*****10 Burpee over the bar penalty for any dropped barbell**

EVENT 1 - SCALED



FOR TIME:

- 10/12 calorie Assault bike**
24 Deadlift (55/75-lb)
- 10/12 calorie Assault bike**
21 Deadlift (65/95-lb)
- 10/12 calorie Assault bike**
18 Deadlift (75/115-lb)
- 10/12 calorie Assault bike**
15 Deadlift (85/125-lb)
- 10/12 calorie Assault bike**
12 Deadlift (95/135-lb)
- 10/12 calorie Assault bike**
9 Deadlift (105/155-lb)
- 10/12 calorie Assault bike**
6 Deadlift (125/185-lb)
- 10/12 calorie Assault bike**
3 Deadlift (155/225-lb)



***Time cap 12:00**

****P1 and P2 will alternate rounds. Once a partner finishes their deadlifts, it is their responsibility to load the next barbell weight.**

*****10 Burpee over the bar penalty for any dropped barbell**

EVENT 2 - RX



FOR TIME

48 Synchro dumbbell snatches (35/50-lb)

Then,

6 rounds:

P1 - 200-m Run

P2 - 8 Shoulder to overhead (95/135-lb)

8 Toes-to-bar

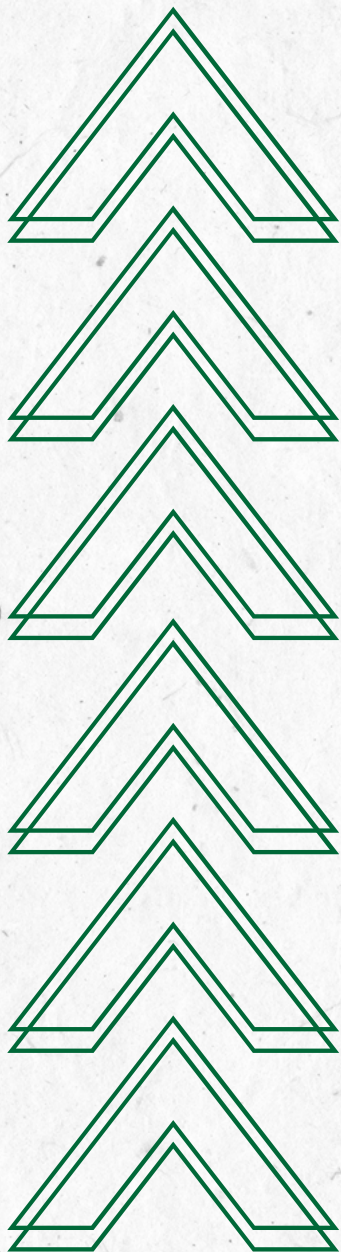
Then,

48 Synchro dumbbell snatches

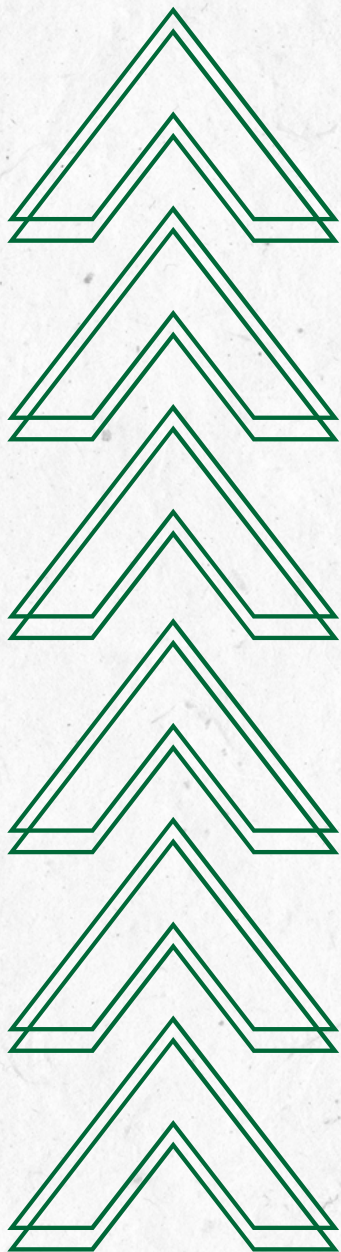
***Time cap 16:00**

****3 rounds of each movement, per partner**

*****10 Burpee over the bar penalty for any dropped barbell**



EVENT 2 - SCALED



FOR TIME

48 Synchro dumbbell snatches (20/35-lb)

Then,

6 rounds:

P1 - 200-m Run

P2 - 8 Shoulder to overhead (65/95-lb)

8 Hanging knee raises

Then,

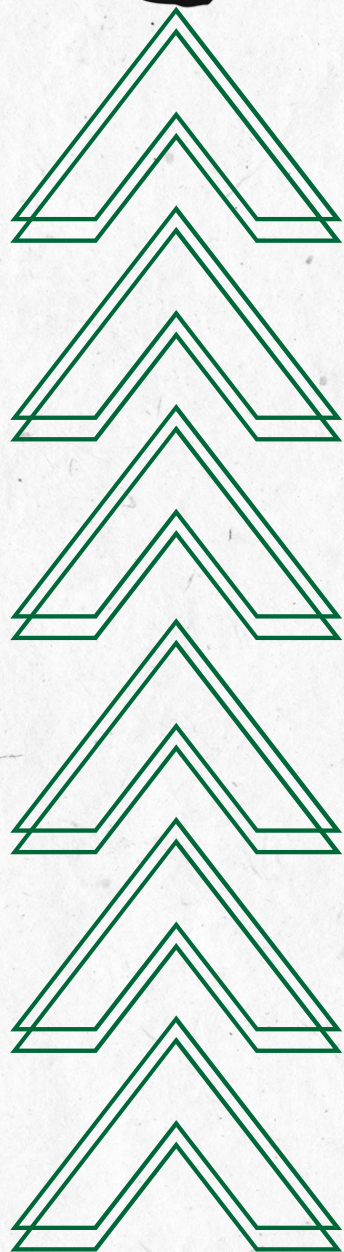
48 Synchro dumbbell snatches

***Time cap 16:00**

****3 rounds of each movement, per partner**

*****10 Burpee over the bar penalty for any dropped barbell**

EVENT 3 - RX



FOR TIME:

40/50 Calorie row (shared)

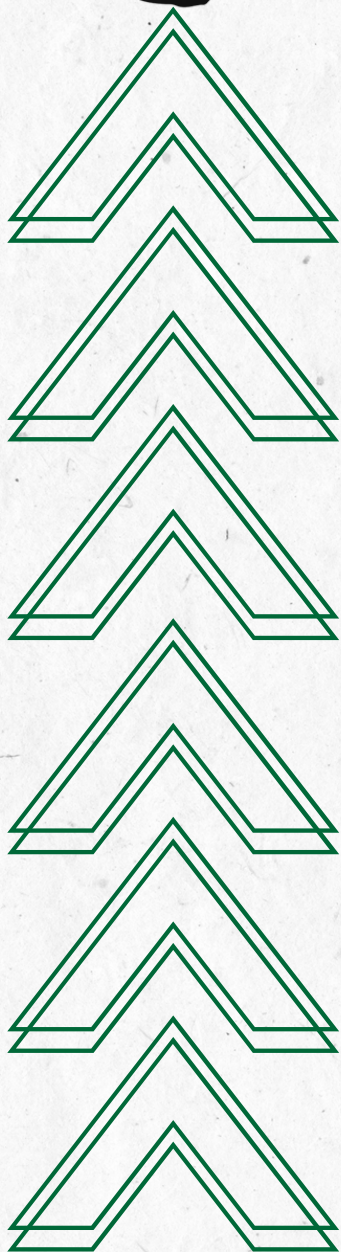
30 Synchro hang squat cleans (75/115-lb)

10 Rope climbs 15' (shared)

***Time cap 10:00**

****10 Burpee over the bar penalty for any dropped barbell**

EVENT 3 - SCALED



FOR TIME:

40/50 Calorie row (shared)

30 Synchro hang squat cleans (65/95-lb)

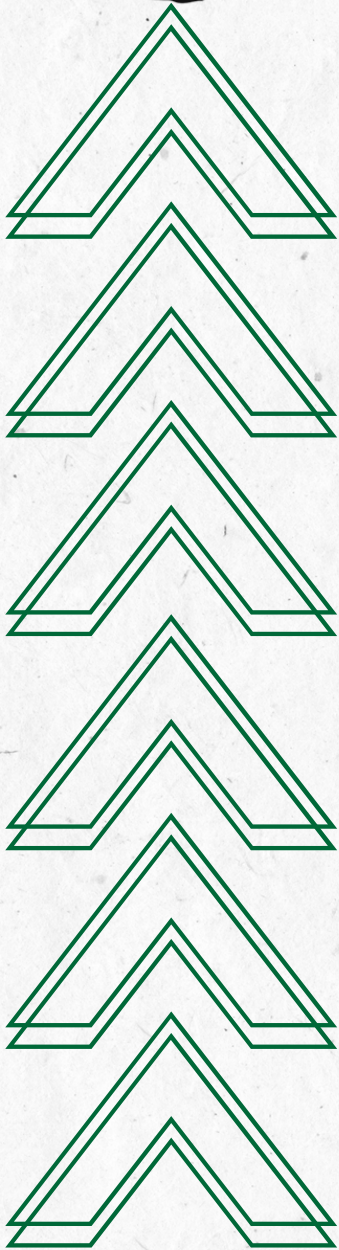
10 Rope climbs 12' (shared)

***Time cap 10:00**

****3 pull-to-stands/climb if unable to complete a rope climb**

*****10 Burpee over the bar penalty for any dropped barbell**

FLOATER - RX



FOR TIME

5 Burpee box get-overs (48")

3 Sandbag overs (100/150-lb)

50m Sandbag carry

50m Dumbbell farmer carry (60/80-lb x2)

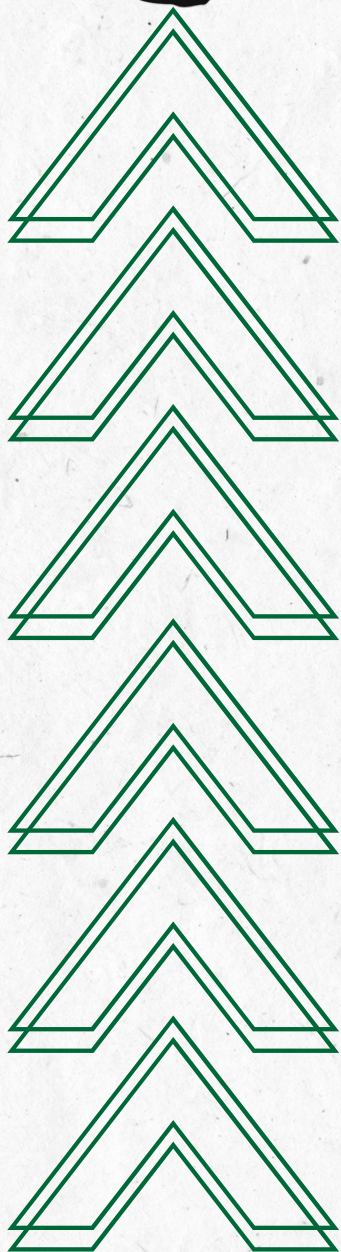
3 Sandbag overs

5 Burpee box overs

***Both partners have 10:00 total to complete the workout**

**** Partner 1 completes the entire chipper, then Partner 2 begins**

FLOATER - SCALED



FOR TIME

5 Burpee box get-overs (40")

3 Sandbag overs (70/100-lb)

50m Sandbag carry

50m Dumbbell farmer carry (40/60-lb x2)

3 Sandbag overs

5 Burpee box overs

***Both partners have 10:00 total to complete the workout**

**** Partner 1 completes the entire chipper, then Partner 2 begins**