

WOD #1

'Athletic Gracabel' - 12min Cap

Sx | MM / FF

For Time:
30 Knee Raises
30 Clean & Jerks (40/25)
30 Snatches (40/25)
10m Wheelbarrow Walk

WOD #2

'Gravity' - 12min Cap

Sx | MF / MF

For Time:
40 Hand Release Push Ups - while partner is in a Plank Hold (elbows).
40 Front Rack Lunge (50/30) - while partner is in a Front Rack Hold
40 Burpee Box Jump Overs 20" - while partner rests

WOD #3

'The Dead-Sled' - 12min AMRAP

Sx | Indian File - Any Order

Push sled across the floor to end point (+ 40kgs/20kgs)
Perform 20 Deadlifts (60kgs/40kgs)
Run the rope (attached to sled) back to the start line, then pull sled back over start line.
- Tag out for the next team mate to repeat.

WOD #4

At Tobruk Memorial Pool - 'Forced Ingestion V2' - 15min Cap

Mx & Sx | Any Order

4 Rounds for Time: (Min. of 1 male & 1 female is to complete the 4 rounds.)
50m Swim - 1 x Pool Lap
1 Press Out
20 Incline Push Ups (Hands on the side of pool)
30 Air Squats
50m Swim - 1 x Pool Lap
- Mx & Sx will have the option to use a kickboard, without penalty. - If you can not do a press out you raise your hand and one of the head judges will help pull you out - Penalty of 15secs will apply. 1 attempt must be made.

WOD #5

'The Escape' - 16min Cap

Mx & Sx | 2 x 8min team AMRAP - MM / FF

Max Reps - In Pairs Complete:
2mins of Barbell Thrusters (40kgs/30kgs)
2mins of American KB Swings (20kgs/12kgs)
2mins of Partnered WallBalls Over Rig
2mins of Double Unders
- One Athlete working at a time (until wall balls).

WOD #6 part one

'Atlas & The Weight of the World | 2 parts' - 12mins

PART 1: Rx, Mx & Sx | MF / MF (5mins)

Max Reps Overhead Squats - While partner holds the bar in Overhead Position.
Pick your own weight - Must be nominated prior to 9am.
Score is your weight multiplied by your reps.
- M1F: Partners will lift bars to overhead position. Once both athletes are locked out, Male 1 must remain in overhead position while Female 1 works. Female 1 will perform as many Overhead Squats as possible in 1min. At the end of that min, they swap work. Again once both athletes are locked out, Female 1 must remain in overhead position while Male 1 works. Male 1 will perform as many Overhead Squats as possible in 1min. The team will have 1min transition time between Pair 1 and Pair 2 to sort out Barbell Weight.
- M2F: Partners will lift bars to overhead position. Once both athletes are locked out, Male 2 must remain in overhead position while Female 2 works. Female 2 will perform as many Overhead Squats as possible in 1min. At the end of that min, they swap work. Again once both athletes are locked out, Female 2 must remain in overhead position while Male 2 works. Male 2 will perform as many Overhead Squats as possible in 1min.

WOD #6 part two


PART 2: Rx, Mx & Sx | MF / MF (6mins)


1RM Clean & Jerk - The weight of the Barbell can only increase!
Score is the cumulative amount of each members max successful lifts.
- The team has 6 mins total. Once the bar has been loaded and increased, the weight cannot be decreased. The clean can be power or squat. Bar must be lowered from the Jerk at the cue of the judge, once the lift is considered successful (Full lock out and in control of the bar).

WOD #7

'Muscling It, Ladder' - 12min AMRAP

Sx | Pairs

12min AMRAP - AS FAR AS POSSIBLE
Run 1 x Lap
Perform Reps of Increasing Ladder
Pull Ups (1-2-3-4-5 etc...)  Ring Rows (3-6-9-12-15 etc...)
Run 1 x Lap

- Athletes will work in Pair (team can choose how they want to pair up - MM/FF or MF/MF | but then pair must remain the same for workout). The team will start at the 'start mat', on  one pair will run to the rig and perform required reps between them, before running back to start position to tag out with other pair. Pairs must alternate so that one pair cannot perform 2 sets in a row. Pair 2 must not leave start position until Part 1 has crossed over.