

SOUTHERN MIRRIORS

I CATEGORY
WODS & FLOW

WOD 2

STRAPPING

TIME CAP: 7'

- 9 RING MUSCLE UP
- 21 DUMBBELL CLEAN AND JERK
- 7 RING MUSCLE UP
- 15 DUMBBELL CLEAN AND JERK
- 5 RING MUSCLE UP
- 9 DUMBBELL CLEAN AND JERK

FLOW

This event begins with the athletes on the starting mat. At the sound of the beep, they move forward to the rings to perform 9 muscle-ups, and then to the dumbbell to complete 21 clean and jerk, advancing every 7 reps. After the last set of 7, the athlete will move the dumbbell to the section where he going to perform the set of 15. The athlete then completes 7 muscle-ups and 15 clean and jerks, moving every 5. After the last set of 5 he will move the dumbbell to the section of 9. Then finally he will perform 5 muscle-ups and 9 clean and jerk. Upon completing the final clean and jerk, the athlete advances to the finish mat.

WOD 3

LADDER DOUBLE UNDER

50" ON
10" TRANSITION

Every 50 sec. perform

20 DOUBLE UNDER + 1 SNATCH
10 SEC. TRANSITION FOR 12 STATIONS

FLOW

WOD 4-5-6

100% HELL

2' ON
30" TRANSITION

2' MAX CALORIES BIKERG

30 sec. transition

2 MIN AMRAP

7 THRUSTER

7 LATERAL BURPEES

30 sec. transition

2' MAX CALORIES ROWER

FLOW

This event begins with the athletes on the starting mat. At the sound of the beep, they move forward to the bikerg to perform the max number of calories in 2 min. After that the athlete has got 30 sec. of transition and he will go to the barbell for 2 min of 7 thrusters and 7 lateral burpees, moving the barbell every set of 7 burpees. At the end of the 2 min, the athlete has got 30 sec. to move to the rower to perform the max number of calories.

WOD 7

"TORTU" SUICIDE

TIME CAP: 1' 30"

30m BACK AND FORTH

60m BACK AND FORTH

90m FINAL SPRINT

FLOW

- At the sound of the beep the athlete run to the first mark turning around it and arriving over the line.
- Then he run to the second mark, turning around it and returning to the line going over her.
- For the last time he run to the third mark, turning around it and arriving over the line for the time.

SOUTHERN WARRIORS

www.southernwarriors.eu