

SOUTHERN MIRRIORS

II CATEGORY
WODS & FLOW

WOD 1

POWER SPRINT

TIME CAP: 3'

27 DEADLIFT
60m SPRINT

FLOW

This event begins with the athlete on the starting mat. At the sound of the beep, the athlete will move forward to the barbell and perform 9 reps of deadlift, advancing the bar to the second section for 9 additional reps of deadlift. Advancing the last time in the third section for the last 9 reps. After the final deadlift, the athlete will step over the barbell, sprint for 60 m. and move to the finish mat.

WOD 2

SHOULDER BURNER

TIME CAP: 4'

30 ALTERNATED DB SNATCHES

20 BOX JUMP OVER

9m ONE ARM OVERHEAD DB WALKING LUNGES

FLOW

This event begins with the athlete on the starting mat. At the sound of the beep, the athlete moves to the first section where he will find the dumbbell. In the first section the athlete performs 10 alternated dumbbell snatches, then he will advance forward to the second section and he will perform 10 reps of alternated dumbbell snatches. He will then move to the third section for the last 10 reps of alternated dumbbell snatches. After this he will pick up the dumbbell and put it down to the designated section. He will return to the box for the 10 reps of box jump over, moving the box to the next section for the last 10 reps of box jump overs. After that he will pick up the dumbbell and begin lunging for 9 m. Once the athlete has lunged past the last section mark, he will put down the dumbbell on the ground and he will run to the finish mat.

WOD 4

ALL-OUT

TIME CAP: 5'

5 ROUNDS OF
10 BAR FACING BURPEES
8 HANG POWER CLEAN
IN THE REMAINING TIME
MAX REP SHOULDER TO OVERHEAD

FLOW

This event begins with the athlete on the starting mat. At the sound of the beep, the athlete will move forward to the barbell and perform 10 bar facing burpees and 8 hang power clean. After the first round he will advance to the next section and he will repeat the 10 bar facing burpees and 8 hang power clean. When he will complete the second round he will move to the third for the 10 bar facing burpee and 8 hang power clean, and so on till the last fifth round. Once the final rep of the hang power clean of the 5th round is complete, the athlete will move the barbell to the next section and starting to perform the shoulder to overhead, moving the barbell every ten reps from section to section.

SOUTHERN WARRIORS

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