



SOUTHERN WARRIORS

QUALIFIER WORKOUT

CAT.

EXPERIENCE MEN

ATHLETE

WOD 1

For Time 10' time cap

EXERCISE

1000mt ROW

SCORE 1
TIME

Then in the remaining time, AMRAP

EXERCISE	REP
THRUSTER	7
PULL UP	7
BURPEES OVER THE BAR	7

ROUND									
1	2	3	4	5	6	7	8	9	10
7	28	49	70	91	112	133	154	175	196
14	35	56	77	98	119	140	161	182	203
21	42	63	84	105	126	147	168	189	210

SCORE 2
REP



SOUTHERN WARRIORS

QUALIFIER WORKOUT

CAT.

EXPERIENCE WOMEN

ATHLETE

WOD 1

For Time 10' time cap

EXERCISE

750mt ROW

SCORE 1
TIME

Then in the remaining time, AMRAP

EXERCISE	REP
THRUSTER	7
PULL UP	7
BURPEES OVER THE BAR	7

ROUND									
1	2	3	4	5	6	7	8	9	10
7	28	49	70	91	112	133	154	175	196
14	35	56	77	98	119	140	161	182	203
21	42	63	84	105	126	147	168	189	210

SCORE 2
REP