

CROSTOWN THROWDOWN 2018

Live Event Workouts

WOD #1: BEAST MODE

For time with a 10-minute time cap:

OPEN RX MEN & WOMEN 35-39 MEN 40s MEN	35-39 WOMEN 40s WOMEN	OPEN SCALED TEENS 50s MEN & WOMEN 60+ MEN & WOMEN
21 Thrusters 7 Bar Muscle Ups 21 Power Snatches 7 Bar Muscle Ups 21 Overhead Squats 7 Bar Muscle Ups	21 Thrusters 7 Chest-to-Bar Pull-Ups 21 Power Snatches 7 Chest-to-Bar Pull-Ups 21 Overhead Squats 7 Chest-to-Bar Pull-Ups	21 Thrusters 11 Bar-Facing Burpees 21 Power Snatches 11 Bar-Facing Burpees 21 Front Squats 11 Bar-Facing Burpees
Open Rx: 135/95 35-39 Men: 115 40s Men: 115	35-39 Women: 85 40s Women: 85	Open Scaled & 50s: 95/65 Teens: TBD 60s: 75/55

Your score is the time it takes you to complete all reps OR the time cap plus 1 second for each rep not completed within the time cap.

WOD #2: ROW/DEADLIFT AMRAP

For maximum repetitions within a 4-minute time cap:

OPEN RX	35-39 & 40s	OPEN SCALED TEENS	50s	60s
20/15 Calorie Row 10 Deadlifts	20/15 Calorie Row 10 Deadlifts	15/10 Calorie Row 10 Deadlifts	15/10 Calorie Row 10 Deadlifts	15/10 Calorie Row 10 Deadlifts
185/125	185/125	135/95 TEENS: TBD	135/95	115/85

Your score is the total number of repetitions you complete within the time cap. 1 calorie = 1 rep.

WOD #3: 3RM G2OH

On a running clock, you will have 3 attempts to achieve a 3-rep-max ground-to-overhead. For Round 1, you will begin with your barbell loaded to your opening weight. You will then have 1 minute to perform 3 consecutive reps at this weight. You will have 1 minute to load your next weight and rest and then 1 minute to perform 3 consecutive reps at this weight in Round 2. You will have 1 minute to load your final weight and rest and then 1 minute to perform 3 consecutive reps at this weight in Round 3.

The 3 reps do not have to be “touch and go,” but they MUST BE CONSECUTIVE. (If you miss any portion of a rep, you must start over at 1.) You may not load or unload any weight from your barbell during the minute of work. If you fail to make 3 successful consecutive reps in the first and/or second round, you may proceed to the next round, but you may not reduce the weight on your bar. Your score is the heaviest 3-rep ground-to-overhead that you successfully complete.

0:00-1:00	Round 1 -- Lift opening weight
1:00-2:00:	Load/rest
2:00-3:00:	Round 2 -- Lift second weight
3:00-4:00:	Load/rest
4:00-5:00:	Round 3 -- Lift final weight