



### WOD 1: Motor Boatin'

Rx

3 Rounds for Reps:

1 minute max rep Partner Thrusters (135/95)

1 minute max rep Sync Chest to Bars

1 minute max rep Partner Deadlift (135/95)

Rest 1 minute

3 Minute max Cal Row

### WOD FLOW:

The total time for this WOD is 11 minutes. This is similar to Fight Gone Bad. At the start of each round, one athlete will be on the Rower, while the other two work on the three movements. There will only be one barbell for this workout. During the first minute of each three minute round, two athletes will perform as many partner thrusters, with the same bar, as possible. During minute two, the working pair will move from partner thrusters to completing as many reps as possible of synchronized chest to bar. During the third minute, the working pair will move back to the barbell and complete as many reps as possible of partner deadlifts. The third athlete will be rowing for calories for three minutes, while the other two are working on the other movements. After three minutes of work, everybody rests and changes out rowers for one minute. This will repeat two more times. Every member will take a turn on the rower. This workout will have two separate scores. The first score is the total reps performed of the thrusters, C2B, and deadlifts. The second score is the total number of calories rowed.

### MOVEMENT NOTES\*:

- Cal Row – Each calorie will count as one rep. Only one athlete is working at a time.
- Partner Thrusters – Both athletes will be performing a standard barbell thruster, with the same bar.
- Sync C2B – Both athletes are working at the same time. Both athletes must start the rep with both arms fully extended, hanging from the bar. The rep is completed when BOTH athletes chest

touch the bar. Key points are both athletes arm are straight at the bottom, and both chests are touching the bar.

- Partner Deadlifts – Both athletes will be performing a standard barbell deadlift, with the same bar.

\*Please see movement standards tab for further instructions on the movements.



#### WOD 1: Motor Boatin'

Scaled

3 Rounds for Reps:

1 minute max rep Partner Thrusters (95/65)

1 minute max rep Pull-ups

1 minute max rep Partner Deadlift (95/65)

Rest 1 minute

3 Minute max Cal Row

#### WOD FLOW:

The total time for this WOD is 11 minutes. This is similar to Fight Gone Bad. At the start of each round, one athlete will be on the Rower, while the other two work on the three movements. There will only be one barbell for this workout. During the first minute of each three minute round, two athletes will perform as many partner thrusters, with the same bar, as possible. During minute two, the working pair will move from partner thrusters to completing as many reps as possible of Pull-ups. The pair may split up as desired, but only one is working at a time on the Pull-ups. During the third minute, the working pair will move back to the barbell and complete as many reps as possible of partner deadlifts. The third athlete will be rowing for calories for three minutes, while the other two are working on the other movements. After three minutes of work, everybody rests and changes out rowers for one minute. This will repeat two more times. Every member will take a turn on the rower. This workout will have two separate scores. The first is the total reps performed of the thrusters, C2B, and deadlifts. The second score is the total number of calories rowed.

#### MOVEMENT NOTES\*:

- Cal Row – Each calorie will count as one rep. Only one athlete is working at a time.
- Partner Thrusters – Both athletes will be performing a standard barbell thruster, with the same bar.

- Pull-ups – Only one athlete is working at a time. These are standard pull-ups of any style (strict, kipping, butterfly), and any grip. See movement standards for a detailed description.
- Partner Deadlifts – Both athletes will be performing a standard barbell deadlift, with the same bar.

\*Please see movement standards tab for further instructions on the movements.



#### WOD 1: Motor Boatin'

Masters (45+)

3 Rounds for Reps:

1 minute max rep Partner Thrusters (95/65)

1 minute max rep Sync Pull-ups

1 minute max rep Partner Deadlift (95/65)

Rest 1 minute

3 Minute max Cal Row

#### WOD FLOW:

The total time for this WOD is 11 minutes. This is similar to Fight Gone Bad. At the start of each round, one athlete will be on the Rower, while the other two work on the three movements. There will only be one barbell for this workout. During the first minute of each three minute round, two athletes will perform as many partner thrusters, with the same bar, as possible. During minute two, the working pair will move from partner thrusters to completing as many reps as possible of synchronized pull-ups. During the third minute, the working pair will move back to the barbell and complete as many reps as possible of partner deadlifts. The third athlete will be rowing for calories for three minutes, while the other two are working on the other movements. After three minutes of work, everybody rests and changes out rowers for one minute. This will repeat two more times. Every member will take a turn on the rower. This workout will have two separate scores. The first is the total reps performed of the thrusters, C2B, and deadlifts. The second score is the total number of calories rowed.

#### MOVEMENT NOTES\*:

- Cal Row – Each calorie will count as one rep. Only one athlete is working at a time.
- Partner Thrusters – Both athletes will be performing a standard barbell thruster, with the same bar.
- Sync Pull-ups – Both athletes are working at the same time. Both athletes must start the rep with both arms fully extended, hanging from the bar. The rep is completed when BOTH athletes

chins are above the bar. Key points are both athletes arm are straight at the bottom, and both chins are above the bar.

- Partner Deadlifts – Both athletes will be performing a standard barbell deadlift, with the same bar.

\*Please see movement standards tab for further instructions on the movements.