



WOD 2: Need a Lift

Rx

2:30 minutes to find a 1RM Strict Press

2:30 minutes to find a 1RM Overhead Squat

2:30 minutes to find a 1RM Clean

1:30 minutes to rest/transition

6 minutes to complete:

18 – Thrusters (95/65)

18 – Thrusters (115/85)

18 – Thrusters (135/95)

18 – Thrusters (155/105)

18 – Thrusters (185/135)

Total time: 15 minutes

WOD FLOW:

Starting with an empty barbell, on 3, 2, 1 Go, one team member will have 2:30 minutes to find a 1RM strict press. After 2:30 minutes, athlete two will proceed to find a 1RM overhead squat. After a total of 5 minutes have passed, athlete three will have 2:30 minutes to find a 1RM clean. The athletes may lift at their own pace, within their respective 2:30 minute block, and the two non-lifting teammates may help load the barbell. The bar will start from a rack for the press and overhead squat. If an athlete has to bail on a lift, the non-lifting team members may assist in putting the bar on the rack. After each athlete has had their 2:30 minute segment, there will be a 1:30 minute segment to rest and get the barbell/plates ready for the thruster ladder. The bar may be loaded prior to 9:00 minutes, on the clock, but the bar must be loaded and resting on the ground to start the thrusters. At the 9:00 minute mark, teams will have 6 minutes to complete 18 thrusters at each of the assigned weights. You may split the work as desired, and there is no requirement that all three athletes must perform a lift. Collars must be on the bar during all lifts. Athletes are responsible for changing weights.

MOVEMENT NOTES*:

- Strict Press – Standard press from the front rack position to full overhead lockout. No bend in the knee is allowed at any point throughout the movement.
- Overhead Squat – Standard overhead squat. The start and finish position are knees, hips, and arms fully extended with the arms in line with or just behind the ears. Any type of S2OH is allowed to start the movement.
- Clean – Standard clean. The bar may move from the ground to the front rack position by any variation of a clean. The bar must move in one fluid motion from the ground to shoulders. It may not pause at or around the knees/hang position.
- Thruster – Standard Thruster. The first rep, from the ground, may be a squat clean thruster.

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



WOD 2: Need a Lift

Scaled

2:30 minutes to find a 1RM Strict Press

2:30 minutes to find a 1RM Overhead Squat

2:30 minutes to find a 1RM Clean

1:30 minutes to rest/transition

6 minutes to complete:

18 – Thrusters (55/45)

18 – Thrusters (75/55)

18 – Thrusters (95/65)

18 – Thrusters (115/85)

18 – Thrusters (135/95)

Total time: 15 minutes

WOD FLOW:

Starting with an empty barbell, on 3, 2, 1 Go, one team member will have 2:30 minutes to find a 1RM strict press. After 2:30 minutes, athlete two will proceed to find a 1RM overhead squat. After a total of 5 minutes have passed, athlete three will have 2:30 minutes to find a 1RM clean. The athletes may lift at their own pace, within their respective 2:30 minute block, and the two non-lifting teammates may help load the barbell. The bar will start from a rack for the press and overhead squat. If an athlete has to bail on a lift, the non-lifting team members may assist in putting the bar on the rack. After each athlete has had their 2:30 minute segment, there will be a 1:30 minute segment to rest and get the barbell/plates ready for the thruster ladder. The bar may be loaded prior to 9:00 minutes, on the clock, but the bar must be loaded and resting on the ground to start the thrusters. At the 9:00 minute mark, teams will have 6 minutes to complete 18 thrusters at each of the assigned weights. You may split the work as desired, and there is no requirement that all three athletes must perform a lift. Collars must be on the bar during all lifts. Athletes are responsible for changing weights.

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- Thruster – Standard Thruster. The first rep, from the ground, may be a squat clean thruster.

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WOD 2: Need a Lift

Masters

2:30 minutes to find a 1RM Strict Press

2:30 minutes to find a 1RM Overhead Squat

2:30 minutes to find a 1RM Clean

1:30 minutes to rest/transition

6 minutes to complete:

18 – Thrusters (55/45)

18 – Thrusters (75/55)

18 – Thrusters (95/65)

18 – Thrusters (115/85)

18 – Thrusters (135/95)

Total time: 15 minutes

WOD FLOW:

Starting with an empty barbell, on 3, 2, 1 Go, one team member will have 2:30 minutes to find a 1RM strict press. After 2:30 minutes, athlete two will proceed to find a 1RM overhead squat. After a total of 5 minutes have passed, athlete three will have 2:30 minutes to find a 1RM clean. The athletes may lift at their own pace, within their respective 2:30 minute block, and the two non-lifting teammates may help load the barbell. The bar will start from a rack for the press and overhead squat. If an athlete has to bail on a lift, the non-lifting team members may assist in putting the bar on the rack. After each athlete has had their 2:30 minute segment, there will be a 1:30 minute segment to rest and get the barbell/plates ready for the thruster ladder. The bar may be loaded prior to 9:00 minutes, on the clock, but the bar must be loaded and resting on the ground to start the thrusters. At the 9:00 minute mark, teams will have 6 minutes to complete 18 thrusters at each of the assigned weights. You may split the work as desired, and there is no requirement that all three athletes must perform a lift. Collars must be on the bar during all lifts. Athletes are responsible for changing weights.

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