



WOD 3: Flip, Rip, Go!

Rx

12 Rounds for Times:

5 – HSPU

6 – Alternating Dumbbell Snatch (50/35)

50' – Shuttle Sprint

7 minute time cap

WOD FLOW:

Each team will start next to the HSPU position. Only one team member is working at a time, in a relay style sprint. The first athlete will complete five HSPU, come off the wall, do six alternating DB snatches, run 25' to a bucket with 12 batons, grab one baton, sprint back and place the baton in the bucket next to the starting position. Once the baton is placed in the bucket, this completes the rounds, and the next athlete will proceed to complete the next round. This continues until a total of 12 batons have been placed in the bucket, or time runs out. An athlete must complete the entire round once started. The number of rounds may be split up as desired between the team. There is no requirement that each member must complete a round. The working athlete must place the baton in the bucket before the next round may be started.

MOVEMENT NOTES*:

- HSPU – You will be provided a head pad and two 25# plates to perform the movement on.
- Alternating Dumbbell Snatches – Standard DB snatch. Both heads, of the dumbbell, must touch the ground to start the movement. You may NOT change hands above the head.
- Shuttle Sprint – Standard spint. You must carry a baton back, and place it in the bucket to complete the round. If it bounces out of the bucket, you must place it back in before starting the next round.

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



WOD 3: Flip, Rip, Go!

Scaled

12 Rounds for Times:

5 – 5" Elevated HSPU

6 – Alternating Dumbbell Snatch (35/20)

50' – Shuttle Sprint

7 minute time cap

WOD FLOW:

Each team will start next to the HSPU position. Only one team member is working at a time. You may split the reps as desired, except for the shuttle sprint. When a team wants to switch working partners, they must "tag out," by touching hands. Once the team or individual athlete completes the 5 HSPU and 6 Snatches, one athlete will run 25' to a bucket containing 12 batons. They will grab one baton, run back and place it in the bucket near the starting position. This signifies the completion of that round. This continues until a total of 12 batons have been placed in the bucket, or until time runs out.

MOVEMENT NOTES*:

- HSPU – You will be provided a head pad and one 35# plate. This is going to create the 5" elevation. Hands on the floor.
- Alternating Dumbbell Snatches – Standard DB snatch. Both heads, of the dumbbell, must touch the ground to start the movement. You may NOT change hands above the head.
- Shuttle Sprint – Standard spint. You must carry a baton back, and place it in the bucket to complete the round. If it bounces out of the bucket, you must place it back in before starting the next round.

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WOD 3: Flip, Rip, Go!

Masters

12 Rounds for Times:

5 – 5" Elevated HSPU

6 – Alternating Dumbbell Snatch (40/25)

50' – Shuttle Sprint

7 minute time cap

WOD FLOW:

Each team will start next to the HSPU position. Only one team member is working at a time. You may split the reps as desired, except for the shuttle sprint. When a team wants to switch working partners, they must "tag out," by touching hands. Once the team or individual athlete completes the 5 HSPU and 6 Snatches, one athlete will run 25' to a bucket containing 12 batons. They will grab one baton, run back and place it in the bucket near the starting position. This signifies the completion of that round. This continues until a total of 12 batons have been placed in the bucket, or until time runs out.

MOVEMENT NOTES*:

- HSPU – You will be provided a head pad and one 35# plate. This is going to create the 5" elevation. Hands on the floor.
- Alternating Dumbbell Snatches – Standard DB snatch. Both heads, of the dumbbell, must touch the ground to start the movement. You may NOT change hands above the head.
- Shuttle Sprint – Standard spint. You must carry a baton back, and place it in the bucket to complete the round. If it bounces out of the bucket, you must place it back in before starting the next round.

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