



WOD 4: Kickin' Up Sand

Rx

100 – Double Unders (each)

30 – 1-Legged Squats

30 – Box Jump Overs (30/24)

30 – Overhead Squats (135/95)

30 – Burpees to Target

30 – Sync Toes-to-Bar

15 – Sandbag Over-the-Shoulder (150/100)

75 – Double Unders (each)

20 – 1-Legged Squats

20 – Box Jump Overs (30/24)

20 – Overhead Squats (135/95)

20 – Burpees to Target

20 – Sync Toes-to-Bar

15 – Sandbag Over-the-Shoulder (150/100)

50 – Double Unders (each)

10 – 1-Legged Squats

10 – Box Jump Overs (30/24)

10 – Overhead Squats (135/95)

10 – Burpees to Target

10 – Sync Toes-to-Bar

15 – Sandbag Over-the-Shoulder (150/100)

20 minute time cap

WOD FLOW:

On 3, 2, 1 Go, each team member will complete 100 double-unders. This will be done simultaneously. The team cannot move to the next movement until all three members have each completed 100 double unders. They will then move to the next section and complete 30 reps of the 1-legged squat. This may be split up as desired. Once completed, the team will move to the box to perform 30 box jump-overs. Once 30 reps are completed, they will move to the barbell and complete 30 overhead squats. They will then move to the rig to complete 30 burpee to targets. The target is the pull-up bar to be used for the T2B. Once 30 reps are completed, they will proceed to do 30 sync T2B. Two members will be doing this, while the third rests. Team members may rotate as desired, but two athletes must be working at a time. Once the T2B are completed, the team will move to the side aisle to complete 15 sandbag over the shoulders. Once 15 reps are completed, they must move the sandbag to the next section. At that point they may start the next set of double unders, at the reduced reps. They will continue this pattern at the indicated reps until the last set of sandbag over the shoulders. In order to complete the workout, they must carry the sandbag past the starting line. Once the sandbag and all three members are across the starting line, the workout is complete.

MOVEMENT NOTES*:

- Double Unders – Standard double unders. The rope must pass under the feet twice per hop.
- 1-Legged Squats – These do not have to be pistols, but they can be. See movement standards for detailed allowed movements.
- Box Jump Overs – These must be a two footed take off. Step ups are not allowed.
- Overhead Squats – Standard Overhead Squat.
- Burpees to Target – Standard burpee, but you must touch the pull-up bar with both hands. If you miss with one or both hands, you may redo the hop. You will not need to redo the down section of the burpee.
- Sync T2B – Two athletes work at a time. All four feet must be behind the midline to start the movement, and all four feet must be in contact with the bar at the same time to finish.
- Sandbag OTS – You must get the sandbag from the ground up and over your shoulder. It must go over and not to the side.

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



WOD 4: Kickin' Up Sand

Scaled

100 – Single Unders (each)

30 – Sync Dumbbell Squats (35/20)

30 – Box Overs (24/20)

30 – Overhead Squats (75/55)

30 – Burpees to Target

30 – Sync Knee Raises

15 – Sandbag Over-the-Shoulder (100/50)

75 – Single Unders (each)

20 – Sync Dumbbell Squats (35/20)

20 – Box Overs (24/20)

20 – Overhead Squats (75/55)

20 – Burpees to Target

20 – Sync Knee Raises

15 – Sandbag Over-the-Shoulder (100/50)

50 – Single Unders (each)

10 – Sync Dumbbell Squats (35/20)

10 – Box Overs (24/20)

10 – Overhead Squats (75/55)

10 – Burpees to Target

10 – Sync Knee Raises

15 – Sandbag Over-the-Shoulder (100/50)

20 minute time cap

WOD FLOW:

On 3, 2, 1 Go, each team member will complete 100 single-unders. This will be done simultaneously. The team cannot move to the next movement until all three members have each completed 100 single unders. They will then move to the next section and complete 30 reps of the sync DB squat. Once completed, the team will move to the box to perform 30 box overs. Once 30 reps are completed, they will move to the barbell and complete 30 overhead squats. They will then move to the rig to complete 30 burpee to targets. The target is the pull-up bar to be used for the T2B. Once 30 reps are completed, they will proceed to do 30 sync Knee Raises. Two members will be doing this, while the third rests. Team members may rotate as desired, but two athletes must be working at a time. Once the knee raises are completed, the team will move to the side aisle to complete 15 sandbag over the shoulders. Once 15 reps are completed, they must move the sandbag to the next section. At that point they may start the next set of single unders, at the reduced reps. They will continue this pattern at the indicated reps until the last set of sandbag over the shoulders. In order to complete the workout, they must carry the sandbag past the starting line. Once the sandbag and all three members are across the starting line, the workout is complete.

MOVEMENT NOTES*:

- Single Unders – Standard single unders. The rope must pass under the feet once per hop.
- Sync DB Squats – Each member must have one DB held in a front rack position. All members must be standing tall at the same time, below parallel at the same time, and back to standing tall at the same time.
- Box Overs – A two footed jump or step up is allowed.
- Overhead Squats – Standard Overhead Squat.
- Burpees to Target – Standard burpee, but you must touch the pull-up bar with both hands. If you miss with one or both hands, you may redo the hop. You will not need to redo the down section of the burpee.
- Sync knee raises – Two athletes work at a time. All four feet must be behind the midline to start the movement, and all four knees must be above the hip crease at the same time to finish.
- Sandbag OTS – You must get the sandbag from the ground up and over your shoulder. It must go over and not to the side.

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



WOD 4: Kickin' Up Sand

Masters (45+)

80 – Double Unders (each)

30 – Sync Dumbbell Squats (40/25)

30 – Box Jump Overs (24/20)

30 – Overhead Squats (75/55)

30 – Burpees to Target

30 – Sync Toes-to-Bar

15 – Sandbag Over-the-Shoulder (100/50)

60 – Double Unders (each)

20 – Sync Dumbbell Squats (40/25)

20 – Box Jump Overs (24/20)

20 – Overhead Squats (75/55)

20 – Burpees to Target

20 – Sync Toes-to-Bar

15 – Sandbag Over-the-Shoulder (100/50)

40 – Double Unders (each)

10 – Sync Dumbbell Squats (40/25)

10 – Box Jump Overs (24/20)

10 – Overhead Squats (75/55)

10 – Burpees to Target

10 – Sync Toes-to-Bar

15 – Sandbag Over-the-Shoulder (100/50)

20 minute time cap

WOD FLOW:

On 3, 2, 1 Go, each team member will complete 80 double-unders. This will be done simultaneously. The team cannot move to the next movement until all three members have each completed 80 double unders. They will then move to the next section and complete 30 reps of the sync DB squat. Once completed, the team will move to the box to perform 30 box jump-overs. Once 30 reps are completed, they will move to the barbell and complete 30 overhead squats. They will then move to the rig to complete 30 burpee to targets. The target is the pull-up bar to be used for the T2B. Once 30 reps are completed, they will proceed to do 30 sync T2B. Two members will be doing this, while the third rests. Team members may rotate as desired, but two athletes must be working at a time. Once the T2B are completed, the team will move to the side aisle to complete 15 sandbag over the shoulders. Once 15 reps are completed, they must move the sandbag to the next section. At that point they may start the next set of double unders, at the reduced reps. They will continue this pattern at the indicated reps until the last set of sandbag over the shoulders. In order to complete the workout, they must carry the sandbag past the starting line. Once the sandbag and all three members are across the starting line, the workout is complete.

MOVEMENT NOTES*:

- Double Unders – Standard double unders. The rope must pass under the feet twice per hop.
- Sync DB Squats – Each member must have one DB held in a front rack position. All members must be standing tall at the same time, below parallel at the same time, and back to standing tall at the same time.
- Box Jump Overs – These must be a two footed take off. Step ups are not allowed.
- Overhead Squats – Standard Overhead Squat.
- Burpees to Target – Standard burpee, but you must touch the pull-up bar with both hands. If you miss with one or both hands, you may redo the hop. You will not need to redo the down section of the burpee.
- Sync T2B – Two athletes work at a time. All four feet must be behind the midline to start the movement, and all four feet must be in contact with the bar at the same time to finish.
- Sandbag OTS – You must get the sandbag from the ground up and over your shoulder. It must go over and not to the side.

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