

Athlete Details



Registration

- Initial ID check and registration, bib pick up, t-shirt pick up
- Snack and Drink point – Competitors and volunteers only
- Trophy and Medal holder
- Overall Score keeper and leader's board

For more information or questions check us out on Facebook, look up The Box. There is an event created called Rose Barracks Games with more details, or send us a message.

Team Area

- MWR canopies; first come first serve. bring chairs, blankets, etc. You are also welcome to set up your own canopies

Mobility

- The Box will be open with mobility items that athletes can use inside.

Tentative Timeline

There will be a walk through of the workouts at 1730 on 11 August for those teams that would like to attend. Otherwise timeline as follows:

12 August

- 0800 Registration begins
- 0845 Opening Remarks
- 0855 WOD 1 Demo
- 0900 WOD 1 Begins
- 1000 WOD 2 Demo
- 1010 WOD 2 Begins
- 1110 WOD 3 Demo
- 1120 WOD 3 Begins
- 1220 WOD 4 Demo
- 1230 WOD 4 Begins
- 1345 Trophy Presentation
- 1400 Closing Comments

12 August

WOD 1

“Sandbaggin SOB”

50m sprints

20 synced KBS 44/35lb

(scaled 35/26)

50m Sprint

10 Sandbag (SB) Ground to overhead

15/10kg

10 minutes as many rounds as possible

Partners sprint 50m together, then complete 20 in sync Kettle Bell Swings (KBS). Sprint 50m then 1 at a time lift ground to overhead on SB.

You cannot touch KB or SB until both partners pass the cone on sprints.

Score will be the total number of rounds completed plus reps. i.e. if you complete 4 full rounds plus 15 KBS your score is 4+15



12 August

WOD 2

“Clean Sweep”

Each teammate will be one behind the other. On Go the 1st person will move to the ladder and lift 5 times, then 4,3,2,1, with increasing weight on each barbell. Once partner 1 clears the finish line or reaches 2 minutes, the next partner will begin.

4 minute cap per team and 2 min cap per person.

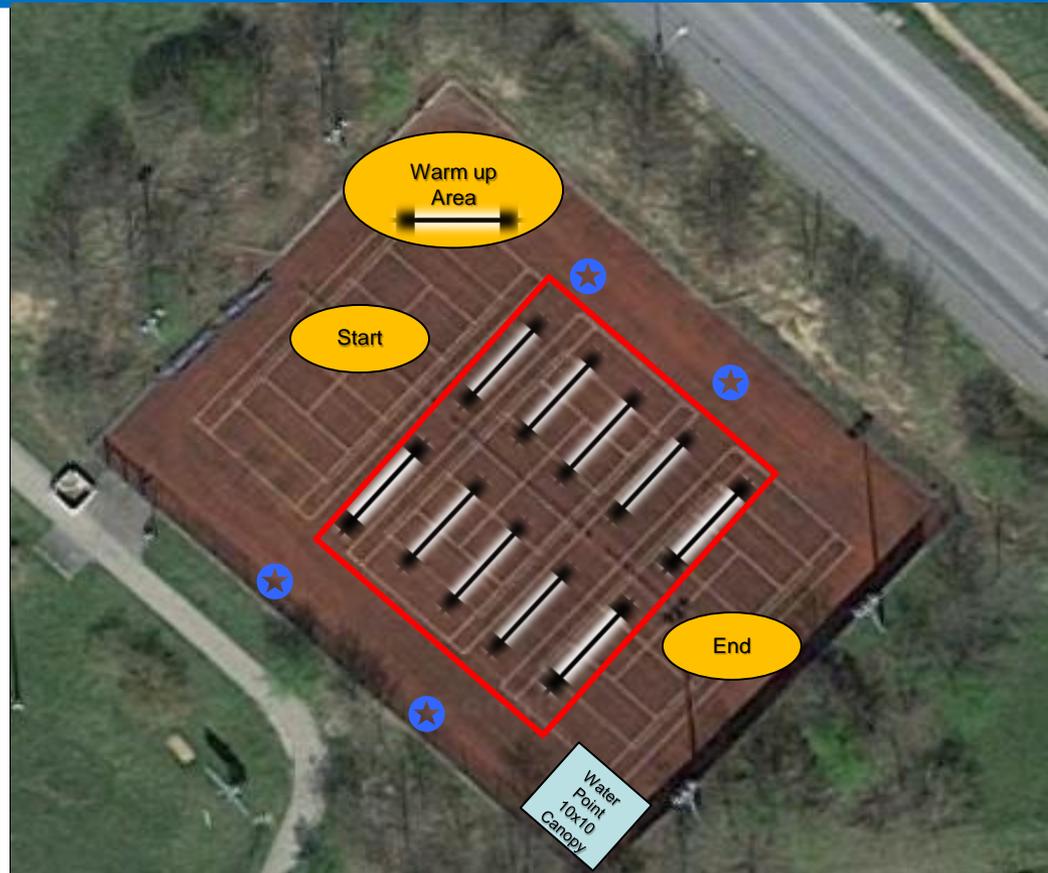
Scaled will do Deadlifts 8 reps,6,4,2,1

Weights listed are approximate weights not exact



Any type of clean is authorized, as long as you start from the ground and finish standing up

Score will be partners combined time, or time plus reps if one person makes it through and the other doesn't, or reps completed if neither make it all the way through



Male Weights

204lbs – 1rep
176 – 2 Reps / 2
165 – 3 Reps / 4
155 – 4 Reps / 6
135 – 5 Reps / 8

Female Weights

145lbs – 1rep
125– 2 Reps
105 – 3 Reps
95 – 4 Reps
77 – 5 Reps

12 August

WOD 3

“Sync or Swim”

3 rounds for time

30 Calorie Row (1 work at a time, each person must do a minimum of 10 cal. each)

20 WBs synced (both partners work together in sync, 20/14lb

(scaled: 14/12lbs)

30 Ground to over head with a Kettle bell (KB) 44/35lb

(1 work at a time, alternating arms, minimum 10 each) Scaled 35/26lbs



KB must start on the ground and finish overhead with a locked out arm. Any type of movement is authorized as long as you meet these standards



Score will be time completed, or total number of reps if you reach the time cap.

WOD 4

“Gut Buster”

7 min

3 rounds

- 10 Box Jump overs 24/20
- (scaled: can box jump or step up overs)
- 10 Medicine ball (MB) get up toss
- (Burpee Toss)

Remaining time complete as many Toes to bar (TTB) as possible as a team

(scaled will be sit ups)

Score will be TTB or sit ups completed



WOD inside: Only **top 5** teams in each division

- You do not have to reach full extension (stand up) on the box during box jump overs
- During the MB get ups you toss the ball over the box to the other partner, must be a toss not a hand off. *(check out video on our FB page)*
- Only 1 person works at a time on the TTB or Sit Ups. Only 1 person can touch the bar at a time. While waiting for sit up; must wait in upright position