

## Workout-1 'Bodyweight EMOM'

20 MIN – TEAM STYLE

Alternate every Minute with your partner. Each does:

- 5 Burpees
- 10 Air Squats
- 5 Push-ups
- Max Sit-Ups in remaining time

Score: Total Sit-Ups across 10 Rounds (5 RNDs per Partner)

Scaled:

- Knee Push-Ups
- Step-back Burpees

## WORKOUT - 2

20:00 AMRAP

PARTNER 1 :

400M RUN

PARTNER 2 : AMRAP OF

6 POWER SNATCHES 135LBS (61kg) /95LBS (43KG) RX

12 OVERHEAD SQUATS

18 TOES TO BAR

SWITCH WHEN PARTNER RETURNS FROM THE RUN (CONTINUE WHERE PARTNER LEFT OFF). SCORE BY TOTAL ROUNDS COMPLETED OF POWER SNATCHES, OVERHEAD SQUATS AND TOES TO BAR.

## SCALED

PARTNER 1:

200M RUN

PARTNER 2 : AMRAP OF

6 POWER SNATCHES 95/65 LBS

10 OVERHEAD SQUATS

15 HANGING KNEE RAISES

## WORKOUT – 3

“ROW, LIFT, FLY”

FOR TIME, TIME CAP: 25 MIN

Partition reps as needed. One partner works while the other rests.

-BUY-IN: ROW 1000M (EACH) BOTH ROWS 1000M (CAN'T BE SAME TIME)

THEN, COMPLETE 3 ROUNDS:

- 30 DEADLIFTS (225/155 LBS) RX
- 40 HANDSTAND PUSH-UPS
- 50 CAL ROW (SHARED)

BREAK UP AS NEEDED.

CASH-OUT: 20 SYNCHRONIZED BURPEE PULL-UPS

Both athletes must complete the burpee + pull-ups in sync.

SCALED:

- 30 DEADLIFTS (135/95 LBS)
- 40 PIKE PUSH-UPS FROM THE BOX
- 50 CAL ROW (SHARED)
- CASH OUT: 20 SYNCHRONIZED BURPEES TO TARGET.

🔥 Partner Tie Breaker WOD: "Leg Lockdown"

For Time – 6 Minute Cap

Partners alternate full rounds (3 rounds each):

6 Thrusters (95/65 lb or 43/29 kg)

8 Box Jump Overs (24/20")

10 Walking Lunges (holding empty barbell – front rack or overhead)

Then, finish together with:

20 Synchronized Air Squats

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💡 Notes:

One partner works while the other rests. Alternate full rounds.

Box Jump Overs: Step-overs allowed in scaled; no full extension required on top.

Synchronized Air Squats: Both hips below parallel at the same time, full extension at the top together.

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✅ Scoring:

1. Fastest completion time
2. If time cap is hit: total reps completed
3. Clean synchro reps and no-reps tracked

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🔧 Scaling:

Thrusters: 75/55 lb or 35/25 kg

Box Jumps: Step-ups allowed

Lunges: Only Bar.

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