

WODs AT HOME

084

LEVEL I

E2MOTM=Every two minutes "on the minute":

50-meter car push
10 pushups

LEVEL II

E2MOTM; 20-minutes:

75-meter car push
15 pushups

LEVEL III

E2MOTM; 20-minutes:

100-meter car push
20 pushups

NOTES: Find a flat stretch of road to avoid additional difficulty. Car push and pushups should be done as fast as possible to allow maximum rest time before the 2-minute interval is up.

085

LEVEL I

For time:

20 reverse burpees
20 sandbag front squats
20 pushups
800-meter run

LEVEL II

For time:

30 reverse burpees
30 sandbag front squats
30 piked pushups
800-meter run

LEVEL III

For time:

40 reverse burpees
40 sandbag front squats
40 handstand pushups
800-meter run

NOTES: Sandbag can be filled to any weight but must be held in front of the head, preferably with arms outstretched. Reverse burpees are performed by doing a deck squat and then a wall handstand. At level I and level II, use the hands to assist during deck squats.

086

LEVEL I

For completion:

Sandbag lunges 3-x-10
Sandbag press 3-x-10
Sandbag Carry-3-x-100-meters
Sandbag good mornings 3-x-10

LEVEL II

For completion:

Sandbag lunges 4-x-10
Sandbag press 4-x-10
Sandbag Carry-4-x-100-meters
Sandbag good mornings 4-x-10

LEVEL III

For completion:

Sandbag lunges 5-x-10
Sandbag press 5-x-10
Sandbag Carry-5-x-100-meters
Sandbag good mornings 5-x-10

NOTES: Sandbag can be filled to any weight. Exercises should be performed in alternating sequence, i.e., 10 lunges, 10 presses, 100-meters carry, 10 good mornings.