



SOUTHERN WARRIORS

QUALIFIER WORKOUT 1

CAT.

ATHLETE

WOD 1A

From 0:00 to 8:00
For Time 8' time cap

EXERCISE

500mt ROW

TIE-BREAK

Then perform 5 rounds of

EXERCISE	REP
THRUSTER	7
PULL UP	7
BURPEES OVER THE BAR	7

ROUND				
1	2	3	4	5
7	28	49	70	70
14	35	56	77	77
21	42	63	84	84

TIME

Then from 8:00 to 10:00, Rest 2'

WOD 1B

From 10:00 to 15:00
AMRAP 5' time cap

EXERCISE	REP
DEADLIFT	9
TOES TO BAR	6
BAR MUSCLE UP	3

ROUND						
1	2	3	4	5	6	7
9	27	45	63	81	99	117
15	33	51	69	87	105	123
18	36	54	72	90	108	126