

	Event #1 - Pull-Push	Event #2 - What the Fran?
Rx Workout	AMRAP 7 3-6-9... Deadlifts (225/155) HSPU Standards: TBA	For Time - (7 min cap)* 21-15-9 Thrusters (95/65) Assault Bike Calories Standards: TBA *(9 min cap) for Rx Females
Scaled Workout	AMRAP 7 3-6-9... Deadlifts (155/105) Bar Facing Burpee Standards: TBA	For Time - (7 min cap)* 21-15-9 Thrusters (75/55) Assault Bike Calories Standards: TBA
Team Workout	AMRAP 7 MM Pair: 9 Deadlifts (185#) Accumulated 9 Synchro Bar Facing Burpees (same bar) FF Pair: 9 Deadlifts (125#) Accumulated 9 Synchro Bar Facing Burpees (same bar) Rules: Your whole team will start behind a designated line. Once the timer starts either a Male-Male or Female-Female pair will head to there barbell for 9 total deadlifts followed by 9 synchro bar facing burpees. Both athletes must complete burpees on the same side of the bar. For a synchro bar facing burpee to count both partners must be at the bottom of the burpee at the same time before standing up to jump over the bar. If one athlete stands up before the other athlete gets down into their burpee that rep will not count. Once you complete 1 round with your partner you will run back behind your designated line and tag in the next pair of athletes (Male-Male or Female-Female). Repeat this cycle for as many rounds as possible in 7 minutes.	For Time - (15 min cap)* 40*30*20* Synchro Thrusters (In Male-Female pairs only) *=30 Cal Bike Accumulated M - 75 F - 55 Rules: Once the timer begins two athletes once female and one male will complete 40 synchro thrusters. Each rep will count when both pairs are locked out at the top at the same time. Partners can switch at any time but a male-female pair may only do synchro thrusters. After the thrusters are complete 30 calories must be completed in total by the team in order for the team to advance to the 20s. Thruster reps must be completed before the assault bike may be started.