



# Individual Monster WOD 1

**Rx**

**In 10 Minutes**

**4 Rounds:**

**200m Run**

**3 Rope Climbs**

**In the remaining time, find a 2 rep hang squat snatch**

**Scaled/Masters**

**In 10 Minutes**

**4 Rounds:**

**200m Run**

**1 Rope Climb or 3 Modified Rope Climbs**

**In the remaining time, find a 2 rep hang squat or power snatch**

- Athletes will start with the run and rope climbs until 4 total rounds have been completed.
- Our ropes at 12.5' and athletes must touch the metal beam before the climb counts.
- If scaled and masters athletes choose to do modified rope climbs they must lower themselves down to a mat and then pull themselves up to a standing position.
- In the time remaining, athletes will build to a heavy 2 rep hang snatch.
- Rx athletes must perform a hang squat snatch and masters/scaled athletes may perform a power or squat snatch.
- Rx athletes must squat below parallel at the bottom of the snatch and stand up all the way at the top before dropping the weight.
- Scaled and masters athletes may power or squat snatch so they are not required to squat below parallel, but must stand up all the way at the top before dropping the weight.
- All divisions must perform hang snatches. Athletes must snatch deadlift the weight before starting the hang snatch from anywhere above the knee.
- No dropping between the 2 reps, they must be performed consecutively.

# Individual Monster WOD 2



**Rx**

**12 Minute cap**

**1000m Row**

**5 Rounds:**

**25 Pullups**

**7 Push Jerks 135/95**

**Scaled/Masters**

**12 Minute cap**

**1000m Row**

**5 Rounds:**

**15 Pullups or 30 Ring Rows**

**7 Push Jerks 115/80**

- Athletes will start with a 1000 meter row.
- Any damper setting is allowed and rower will count down from 1k meters to 0 meters.
- Once completed, athletes will start on 5 rounds of 25 pull-ups and 7 push jerks.
- This was the first WOD at the first CrossFit games ever (google their times).
- Scaled/masters athletes have the choice of 15 pull-ups or 30 ring rows.
- Athletes must get their chin above the bar and reach full extension at the bottom of the pull-up.
- All rings will be set at 40", athletes will start with their feet directly under the rings and they must keep their legs straight during the movement with rings or hands touching chest before the rep will count.
- All push jerks will be cleaned from the ground and athletes will start in the front rack position. The push jerk must contain a dip and re-dip with locked out arms upon completion of each rep.

# Individual Monster WOD 3



**Rx**

**4 Rounds**

**50 Yard Swim**

**15 DB Squat Cleans 35/25**

**25 DB Bench Press 35/25**

**Scaled/Masters**

**3 Rounds**

**50 Yard Swim**

**15 DB Squat Cleans 35/25**

**25 DB Bench Press 35/25**

- Athletes will all begin on the same side of the pool.
- Each athlete will have one lane and their own bench.
- Athletes may start in the water touching the side of the pool.
- At the start of 3..2..1..Go, athletes will swim 25 yards down and touch the wall and swim back.
- The pool is 3.5' deep at both ends and 5' deep in the middle (No Diving).
- Athletes may use any means necessary to complete the 50-yard swim; swimming, walking, gliding or "doggy paddling" are all allowed.
- At least one extremity must clearly touch the side of the pool at the 25 and 50-yard marks. (Flippers are not allowed for any division).
- Both DB's will begin on the floor, then the athlete will have to deadlift both and pause with the weights at the hang position.
- Athlete will then perform the remaining of the squat cleans from the hang position.
- Both elbows must be in front of the weights and the athletes hip crease must go below the knee (below parallel), then come into full hip and knee extension for the rep to count.
- This is a traditional bench press movement with at least one part of each DB touching the athlete's chest or upper shoulder.
- There must be clear contact with both DB's and the individual and they must lock out both arms at the top of the movement for the rep to count.