

S11 - WOD 1

"WHAT'S THE FREQUENCY,
KENNETH?"

FOR TIME

42 DB HANG CLEAN AND JERKS
21 2-HOP BURPEES
RUN 1 MILE



DB Clean and Jerk (50/35#)

- Single arm DB C&J from the hang (below the knees).
- DB goes ground to standing tall then down below the knees for rep 1 (establish the hang).
- One head of the DB touches the shoulder before going overhead.
- DB overhead (push press or jerk) with arm by ear.
- Hips, knees, and arm in full lockout.
- Teams can break up the DB Snatch reps however they want.
- No minimum reps per teammate.

2-Hop Burpees

- Drop to the ground with hands off of the mat.
- Chest and thighs to the deck.
- Step or hop up and onto the red tape line in the middle of the mat.
- Jump to the other side of the mat and turn around to begin the second rep.
- 7 reps per team member.
- Each team member must complete ALL of their 7 reps before the next begins.
- Athlete can step or hop on burpees.

Run 1 Mile

- This run is on a road surface.
- Teammates will run the mile route together.
- At the halfway mark there will be a "check-in" station.
- Teams must stay together.
- Team members separated by more than 30s will be assessed a 1 minute penalty.