

S11 - WOD 3

"MMMBOP"

FOR TIME

150 ASSAULT BIKE CALS

150 SB SQUATS

150 ROPE JUMPS (EACH)



Assault Bike

- 150 cals must be completed before moving to the SB Squats.
- Teams can break up the reps however they want.
- No per teammate minimum.

Sandbag Squats (40/20#)

- Athletes perform a full squat with SB on shoulders.
- Athletes can side or back rack the load.
- Hip crease below the top of knees at the bottom.
- Standing tall with hips and knees in full extension (upright) at the top.
- Bag goes to the ground between athletes.
- Coed teams may only have one bag off the ground at a time.
- No per teammate minimum.

Heavy Rope Jump (~14 oz)

- Single under jumps
- Athletes must perform each of their 150 reps before the next can go.
- Rope goes to the ground between athletes.
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