

FRIDAY				
Friday Canonball Heat				
Event	Time	Style	Workout	Description
1	15:00	AMRAP	21-15-9 Clean & Jerks Box Jumps 21-15-9 Deadlifts Box Jumps -- Men's C&J: 135 Men's Deadlifts: 225 Women's C&J: 95 Women's Deadlifts: 155 -- 15 Minute AMRAP	The team will break up into same sex pairs. This workout is alternating between the men and women as they pass through the two 21-15-9 for as many reps as possible. The first pair will be responsible for 21 reps of C&J and box jump, they tag in the next pair who will complete 21 reps of C&J and Box Jumps, then that will continue until they complete the 21-15-9. Then they will do the same thing for the DL & Box Jumps, but ALWAYS alternating from male pair to female pair between completed sets. Score: Total Reps Tie Break: Time of completion of first 21-15-9
4:00 Transition				
2	6:00	Mix Pair 1	-- 20' Handstand Walk 12 Pull-Ups -- 6 Minute AMRAP	This workout is with one Male and one Female athlete. The team will have 6 Minutes to complete as many reps as possible of the two movements. Whichever athlete begins the handstand walk must complete the 20' by themselves. The pull-ups can be traded in and out however the team sees fit. Score = Total Reps Tie Break = First Round Finish
2:00 Transition				
3	6:00	Mix Pair 2	-- 10 Toes to Bar 20 Wall Balls -- 6 Minute AMRAP	This workout is with one Male and one Female athlete. The team will have 6 Minutes to complete as many reps as possible of the two movements. The reps can be traded in and out however the team sees fit. Score = Total Reps Tie Break = First Round Finish
4:00 Transition				
4	16:00	Male Pair	10 Calorie Echo Bike 1 Snatch (95/115/135/155/185/205) -- 8 min AMWAP	At start each team must Echo Bike 10 Calories before first weight attempt. After each teammate completes their snatch attempt, they must Bike another 10 Calories, regardless of successful or failed attempt on the snatch. There is no break from the end of the men's event 4 to the beginning of the women's event 5. Score = Total Cumulative Weight of highest successful weight from each athlete Tie Breaker = Women's Cumulative Weight
5		Female Pair	8 Calorie Echo Bike 1 Snatch (65/85/105/125/145/175) -- 8 min AMWAP Women	
4:00 Transition				
6	20:00	AMRAP	100 Cal Row 30' Curtis Ps 100 Bar Over Burpees 30' Curtis Ps 100 DU's 75 Cal Row 30' Curtis Ps 75 Bar Over Burpees 30' Curtis Ps 75 DU's 50, etc.... -- 20 Minute AMRAP	The team will have 20 minutes to achieve as many reps as possible of the chipper. Only one athlete working at any given time, may tag out in any order you like. The Curtis P's will be a walking lunge Curtis P at 6 feet per Curtis P to span the 30'. Once they achieve the 30' they are completed and will count as 30 Reps. Score = Total Reps Tie Break = 100 Calorie Row Time
Total Per Heat	77:00:00		90 Minutes Per Heat - 13 Minute Transition Between	

SATURDAY

