 Body Conditioning Games!

Team Event #1 – **Husky 18.2 – Burpees & Thrusters OH MY!!!**

Complete as many reps as possible in 7 minutes of:

* 3 thrusters 3 burpees

RX: Scaled:

M: 85 lb 65

F: 55 lb 45

Burpees must jump over bar with 2 feet take off and jump back into push-up and jump both feet together.

* 6 thrusters 6 burpees
* 9 thrusters 9 burpees
* 12 thrusters 12 burpees
* 15 thrusters 15 burpees
* 18 thrusters 18 burpees
* Etc.

Each team will have 3 pairs that compete. 2-COED teams, and one female pair. One of the COED teams must complete the RX workout and the other two will complete the scaled version of the WOD.

**Both TEAM members must be in SYNC!!**

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| **Thrusters** | **Round 1** | **Burpees** | **Round 3** |
| 3 Thrusters | 3 | 3 Burpees | 6 |
| 6 Thrusters | 12 | 6 Burpees | 18 |
| 9 Thrusters | 27 | 9 Burpees | 36 |
| 12 Thrusters | 48 | 12 Burpees | 60 |
| 15 Thrusters | 75 | 15 Burpees | 90 |
| 18 Thrusters | 108 | 18 Burpees | 126 |
| 21 Thrusters | 147 | 21 Burpees | 168 |
| 24 Thrusters | 192 | 24 Burpees | 216 |
| 27 Thrusters | 243 | 27 Burpees | 270 |

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Score: # of reps completed by pair**: Rx or Scaled

Judges Team and Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_