



## Fitness Challenge – Day 1 WOD

**PAN PACIFIC MASTERS GAMES**  
GOLD COAST AUSTRALIA

### DAY 1 / EVENT 1

**INDIVIDUALS**  
3 ROUNDS FOR TIME. (12 MINS CAP)  
200M RUN  
30 SINGLE ARM ALT DB SNATCH  
60M BEACH WADE (30M UP AND BACK)

**PAIRS**  
3 ROUNDS FOR TIME (12 MIN CAP)  
200M RUN (TOGETHER)  
30 SYNCHRO DB SNATCH  
60M BEACH WADE (TOGETHER)

**PAN PACIFIC MASTERS GAMES**  
GOLD COAST AUSTRALIA

### DAY 1 / EVENT 2

FOR TIME  
50M  
BURPEE BROAD JUMP

**PAN PACIFIC MASTERS GAMES**  
GOLD COAST AUSTRALIA

### DAY 1 / EVENT 3

**INDIVIDUALS**  
8 MINUTES AMRAP.  
12 DOUBLE DB HANG POWER CLEAN  
12 DB FRONT SQUATS  
24M OH DOUBLE DB WALKS

**PAIRS \***  
4 ROUNDS EACH (12 MINS CAP)  
12 DOUBLE DB HANG POWER CLEAN  
12 DB FRONT SQUATS  
24M OH DOUBLE DB WALKS  
\*ROUND FOR ROUND

# Fitness Challenge – Day 2 WOD



## DAY 2 / EVENT 4

**INDIVIDUALS**  
FOR TIME:  
40 POWER SNATCHES  
\* 6 BAR FACING BURPEES EMOM  
\*\* STARTS WITH BURPEES

**PAIRS - (6 MINS CAP)**  
40 SYNCHRO POWER SNATCH  
\* 6 SYNCHRO BAR FACING BURPEES EMOM  
\*\* STARTS WITH BURPEES



## DAY 2 / EVENT 5

**INDIVIDUALS**  
8 MINUTES AMRAP:  
8 S20H  
16 FRONT RACK LUNGES  
40 DOUBLE UNDERS/80 SINGLE SKIPS

**PAIRS**  
8 MINUTES AMRAP:  
16 S20H  
24 FRONT RACK LUNGES  
80 DOUBLE UNDERS/160 SINGLE SKIPS  
\* SPLIT ANYWAY



## DAY 2 / EVENT 6

**INDIVIDUALS - (13 MIN CAP)**  
FOR TIME:  
1000M RUN  
50 DB BOX STEP OVERS (1 DB)  
1000M ROW

**PAIRS - (13 MINS CAP)**  
FOR TIME:  
PARTNER A 1000M RUN  
PARTNER B 1000M ROW  
- SWAP UPON COMPLETION  
\* IN REMAINING TIME MAX DB BOX STEP OVERS

**PLAY IT, LIVE IT, LOVE IT!**

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# Fitness Challenge – Day 3 WOD



## DAY 3 / EVENT 7

DAY 3

EVENT 7

- INDIVIDUAL AND PAIRS
- 5 MINUTES TO FIND 2RM -
- HANG POWER CLEAN

\* PAIRS WILL BE COMBINED WEIGHT



## DAY 3 / EVENT 8

INDIVIDUAL: 8 MINUTES CAP

21-15-9 -  
DEADLIFT  
42-30-18 -  
WALL BALL

PAIRS: 12 MINS CAP

30-20-10 -  
DEADLIFT  
90-60-30 -  
WALL BALL

\*BREAK ANYWAY



## DAY 3 / EVENT 9

INDIVIDUAL: 12 MINS CAP	PAIRS - 12 MINS CAP
FOR TIME -	FOR TIME -
15 HSPU	20 HSPU
30 PULL UPS	20 SYNCHRO PULL UPS
15 HSPU	20 HSPU
20 CHEST TO BAR PULL UPS	30 SYNCHRO T2B
15 HSPU	20 HSPU
10 BAR MUS	10 SYNCHRO BAR MUS
15 HSPU	20 HSPU
	* HSPU Split anyway

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