

**“RIDE AND DIE”
8 MINUTES
2 SCORES:**

TEAM SUPER SCALED

- 1. Max Cals on C2 Rower**
- 2. Max Reps of 20-15-10-5**

C2 Rower

20 Hang Clean
to OH

15 Heavy Rope
Swings

10 DB OH
Alternating
Lunges

5 D-Ball
Over The
Shoulder Throws

30lbs total using
Rogue Stubby
Axle (Males and
Female)

20LB bar + 5LB
plates/side

Rogue Outlaw 120
Rope (10 feet)

20LB Dumbbells
held in each hand
overhead for both
males and
females.

60LB D-Ball for
Males and
Females

On 3, 2, 1, Go one athlete will start on the C2 Rower and the other will complete the 4 movement workout. Once that athlete has completed all 50 reps, the partners will switch. The athlete who was on the Bike Erg will then complete the 4 movement workout and the other will complete the Bike Erg.

This will continue for the 8 minutes. One score will be total cals completed and the other will be total reps completed. There will be one judge only judging the 20-15-10-5 workout.