



2019 VALIDUS GAMES

SCHEDULE OF EVENTS

TEAM OF 3 – DAY 1

WOD 1 – Not Exactly Amanda

12 Full Snatch (135/95)(Scale 95/65)
 9 Overhead Alt Lunge (135/95)(Scale 95/65)
 6 Bar Muscle Ups (Scale C2B)
 9-Minute AMRAP

WOD 2 – Dead Lift Relay

Athlete 1	Athlete 2	Athlete 3
15 – 12 – 9	15 – 12 – 9	15 – 12 – 9
Deadlift (185/130)(Scale 135/95) C2B Pull-ups (Scale Pull-ups)	Deadlift (225/160)(165/115) C2B Pull-Ups (Scale Pull-ups)	Deadlift (225/160)(165/115) C2B Pull-Ups (Scale Pull-ups)
12-Minute Cap		

WOD 3 – Team Max Out

1RM – Clean + Hang Clean + Full Clean
 9-Minute Cap

WOD 4 – Gut Check

1K Ski
 15 Sync Burpee Over Bar
 1K Row
 15 Sync Burpee Over Bar
 2K Bike Erg
 15 Sync Burpee Over Bar
 15-Minute Cap

WOD 5 – All By Myself

100m Sled Drag (45/25)
 100m Sled Drag (90/45)(Scale 70/50)
 100m Sled Drag (135/90)(Scale 95/75)
 100m Sled Drag (180/135)(Scale 120/100)
 Max Distance Sled Drag (225/180)(Scale 145/125)
 7-Minute Cap



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DAY 2

WOD 1 – Bro Sesh

3RM Front Squat
 3 Attempts per athlete
 12-Minute Cap

WOD 2 – Sandbagger

4x100m Relay (For Time)

Athlete 1	Athlete 2	Athlete 3
50m Sandbag Carry (150/100)	50m Sandbag Carry	50m Sandbag Carry
20 Sandbag Over Shoulder	30 Burpee Over Sandbag	40 Sandbag Squats
50m Sandbag Carry	50m Sandbag Carry	50m Sandbag Carry

For Time (15-Minute Cap)

WOD 3 – Devil on a Bike

40/35 Cal Bike
 Max Devil Press
 5-Minute AMRAP

WOD 4 – Max Effort

35 Sync DB Snatch (70/50)(Scale 50/35)
 100 DUs per Athlete (Scale 100 DUs Total)
 Max Thrusters (135/95)(Scale 95/65)
 8-Minute AMRAP

WOD 5 – Never Ending Grace

(135/95) (155/105) (175/115) (195/135) (205/145) (215/150)
 SCALE: (95/65) (105/75) (115/80) (125/85) (135/95) (145/100)
 20 Reps at Each Weight
 8 Minute AMRAP