



# 2019 VALIDUS GAMES

## SCHEDULE OF EVENTS

### TEAM OF 4 – DAY 1

WOD 1 – Ascending Amanda	
Group 1	Group 2
12 – 9 – 6 Ring Muscle Ups Full Snatch (155/105)(175/125)(185/1130)	12 – 9 – 6 Bar Muscle Ups Full Snatch (155/105)(175/125)(185/1130)
**9-Minute Cap**	
WOD 2 – Super Mule	
42 – 30 – 18 Sync Deadlifts (315/220) C2B (While one hangs on Rig) **14-Minute Cap**	
WOD 3 – Team Max Out	
1 RM – Hang Clean + Full Clean **12-Minute Cap**	
WOD 4 – Check Your Engine	
Guys	Girls
1K Ski 15 Sync Burpee Over Bar 1K Row 15 Burpee Over Bar 2K Bike Erg 15 Burpee Over Bar	1K Ski 15 Sync Burpee Over Bar 1K Row 15 Burpee Over Bar 2K Bike Erg 15 Burpee Over Bar
**23-Minute Cap**	
WOD 5 – Drag Me to Hell	
12 Sync Dual KB Front Squats (70/53) 100m Sled Drag (115/70) **12-Minute AMRAP **	



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## DAY 2

### WOD 1

3RM Overhead Squat  
3 Attempts Per Athlete (Weight Cannot Decrease)  
\*\*14-Minute Cap\*\*

### WOD 2

400m Slug Run (150/100)  
50m Sync Slug Lunge (150/100)  
30 Sync Sandbag Over Shoulder  
50m Sync Slug Lunge  
40 Sync Burpee Over Sandbag  
50m Sync Slug Lunge  
50 Sync Sandbag Squats  
50m Sync Slug Lunge  
\*\*For Time (26-Minute Cap)\*\*

### WOD 3 – Devil on a Bike

40 Cal Bike  
25ft Handstand Walk  
20 Devil Press (50/35)  
25ft Handstand Walk  
\*\*6 Rounds (20-Minute Cap)\*\*

### WOD 4 – 3:1:4

12 Sync DB Power Snatch (70/50)  
50 DUs Each  
75 Sync Thrusters (115/75)  
\*\*15-Minute Cap (3 Min of work : 1 Min of Rest : 4 Rounds)  
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### WOD 5 – Never Ending Grace

(135/95) (155/105) (185/130)(205/145) (225/160) (245/170) (265/185) (275/190) (285/200)  
(295/205)  
\*10 Reps at Each Weight\*  
\*\*11 Minute AMRAP\*\*