



**CROSSFIT
JENKS**



CF Jenks Annual



"Battle of Bedlam WOD" *by DB*

*Make Sure you Wear
your Jersey, T-Shirt,
Cheerleader Outfit,
Uniform etc...
Displaying your
Favorite
College Team!*



-1st Quarter (4min AMRAP of)



--200m Kick Off Touchdown Run (buy-in)

Then

--10 Help a Teammate Up Deadlifts 165/115lbs (135/95lbs for 50 and over = as RXd)

--7 Grass Drill Push-Ups (kip/peel OK) = Hand Release

2-minute time out (Rest) annotate reps

-2nd Quarter (4min AMRAP of)

--14 Football Passes (WallBalls) 20/14lbs 10/9' (20/10lbs 9' for 50 and over = as RXd)

--10 Field Goal Kicks (T2B)

****Halftime (2min Rest) annotate reps Set up Bar for 2nd Half****

3rd Quarter (4min AMRAP of)



--200m Kick Off Touchdown Run (buy-in)

Then

--10 Hang Tackle (Power) Cleans 95/65lbs (75/55lbs for 50 and over = as RXd)

--7 Linebacker Thrusters 95/65lbs (75/55lbs for 50 and over = as RXd)

2-minute time out (Rest) annotate reps

4th Quarter (4min AMRAP of)

--17 Shotgun Center Hikes (KBS) 55/35lbs (45/25lbs for 50 and over = as RXd)

--13 Wide Receiver Jumps 24/20" (50 and over 20" Step-Ups or Jumps = as RXd)

****Overtime Break (2 min Rest) annotate reps****



Overtime (4min AMRAP)

- 10 Body Slam Blitzes (Ground to Overhead) 95/65lbs
(75/55lbs for 50 and over = as RXd)
- 6 Over the Goal-line (Bar) Burpees

***Score is total reps from the whole game. May the BEST team win!**

