

July 6, 2013

Written by Andrea
Friday, 05 July 2013 16:27 -



" [Hope](#) "

3 rounds of:

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Burpees

Power snatch

Box jumps

Thrusters

Chest to bar pull ups

"Hope" has the same format as Fight Gone Bad. In this workout you move from each of five stations after a minute. This is a five-minute round from which a one-minute break is allowed before repeating. The clock does not reset or stop between exercises. On call of "rotate," the athlete/s must move to next station immediately for good score. One point is given for each rep.

Advanced

Burpees

Hang power snatch #55

Box jumps

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Thrusters #55

Pull ups

Intermediate

Burpees or pregnant burpees

Hang power snatch #35

Box jumps or step ups

Thrusters #35

Pull ups or progressions

Beginner

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Pregnant burpees

Hang power snatch #15-25

Step ups

Thrusters #15-25

Pull up progressions

Pregnant burpees: Stand in front of a wall or elevated surface. Do a squat, then at the top do a push up against the wall or elevated surface = 1.

If your belly impedes your bar path for the snatch, substitute a one-armed dumbbell snatch at about half the bar weight you would use.