



For Athletes in their Prime

STANDARDS

MLO 24.3

WOD - 3

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'THE BOSSMAN'

FOR TIME - 18MIN CAP

4 BAR FACING BURPEE

4 POWER SNATCH

4 TOES TO BAR (T2B)

THEN

8 BAR FACING BURPEE

8 POWER SNATCH

8 TOES TO BAR (T2B)

THEN

12 BAR FACING BURPEE

12 POWER SNATCH

12 TOES TO BAR (T2B)

THEN

16 BAR FACING BURPEE

16 POWER SNATCH

16 TOES TO BAR (T2B)

**TIEBREAK TIME AFTER THE
SECOND ROUND OF 8 T2B**

EQUIPMENT

- WEIGHT PLATES
- BARBELL M 20KG F 15KG
- COLLARS
- PULL UP RIG

NOTES

TIEBREAK TIME: AFTER THE SECOND ROUND OF 8 T2B

SCORE IS FOR TIME OR TOTAL REPS COMPLETED IF UNCOMPLETED WITHIN THE 18MIN TIME CAP.

VARIATIONS

HERO

35-49
M 45kg F 35kg
T2B

50-59
M 40kg F 30kg
T2B

60+
M 35kg F 25kg
T2B

WARRIOR

35-49
M 40kg F 30kg
T2B

50-59
M 35kg F 25kg
T2B

60+
M 30kg F 20kg
KNEE RAISE

SOLDIER

35-49
M 35kg F 25kg
KNEE RAISE

50-59
M 30kg F 20kg
KNEE RAISE

60+
M 25kg F 15kg
KNEE RAISE



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MOVEMENT STANDARDS

BAR FACING BURPEE:

- Must use a barbell with 18-inch plates.
- Must be performed perpendicular to and facing the barbell

May jump or step back to reach the bottom position.

- Chest and thighs must touch the ground with the head behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.
- Jumping over the barbell using a two-foot take off or stepping over is permitted.
- No need to land with both feet at the same time.
- If a “no rep” is received for any reason, the entire rep must be repeated.

All Divisions are permitted to step over the bar.

POWER SNATCH:

The barbell begins on the ground. Touch-and-go is permitted. No bouncing. If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. Squat snatch is not PERMITTED.

TOES TO BAR (T2B):

The Athlete begins the Toes to Bar by hanging from the pull up bar with arms fully extended. Over hand, under hand or mixed grip is permitted. The athletes’ heels must be brought back behind the bar. The rep is complete when the athletes’ feet come in contact with the bar, simultaneously and between the athletes’ hands. Kipping is allowed.

KNEE RAISE:

(WARRIOR 60+/SOLDIER 35+)

The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body. At the top of the repetition, the athlete must raise the knees above the height of the hips. Kipping is allowed.



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FLOW

On 3, 2, 1 GO, the athlete will begin their 4 bar facing burpees, 4 power snatch and 4 T2B, the athlete will then start their 8 bar facing burpees, 8 power snatch and 8 T2B.

This will continue for the 12 bar facing burpees, 12 power snatch, 12 T2B to then complete their final round of 16 bar facing burpees, 16 power snatch and 16 T2B.

The score is FOR TIME or if uncompleted in the 18min time cap, it will be the total reps completed.



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SCORECARD

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'THE BOSSMAN'

FOR TIME - 18MIN CAP

4 BAR FACING BURPEE

4 POWER SNATCH

4 TOES TO BAR (T2B)

THEN

8 BAR FACING BURPEE

8 POWER SNATCH

8 TOES TO BAR (T2B)

THEN

12 BAR FACING BURPEE

12 POWER SNATCH

12 TOES TO BAR (T2B)

THEN

16 BAR FACING BURPEE

16 POWER SNATCH

16 TOES TO BAR (T2B)

TIEBREAK TIME AFTER THE SECOND ROUND OF 8 T2B

	BAR FACING BURPEE	POWER SNATCH	T2B Warrior 60+: Knee Raise Soldier 35+: Knee Raise
ROUND 1	4	4	4
ROUND 2	8	8	8
TIEBREAK TIME			
ROUND 3	12	12	12
ROUND 4	16	16	16

ATHLETE NAME/TEAM NAME _____

FOR TIME _____

35-39 40-44 45-49 50-54 55-59 60-64 65+

COMPLETED REPS _____

HERO WARRIOR SOLDIER

STATE _____ JUDGES EMAIL _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 24.3

SIGNATURE _____

DATE _____

ATHLETE NAME/TEAM NAME _____

FOR TIME _____

35-39 40-44 45-49 50-54 55-59 60-64 65+

COMPLETED REPS _____

HERO WARRIOR SOLDIER

STATE _____ JUDGES EMAIL _____

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