



hope.crossfit.com

Athlete Name _____ Judge Name _____

Affiliate _____

“Hope”

Three rounds of:

Burpees

75 pound Power snatch

Box jump, 24” box

75 pound Thruster

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.

| | Burpee | Power Snatch | Box Jump | Thruster | Pull-up | |
|---------|--------|--------------|----------|----------|---------|--------------|
| Round 1 | | | | | | _____ |
| Round 2 | | | | | | _____ |
| Round 3 | | | | | | _____ |
| | | | | | | Total |

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