

HEAVY VOLUME

10-PERSON TEAM WOD · 5 MEN / 5 WOMEN

5

HEATS

2:00

PER HEAT

~14

MIN TOTAL

CASH-IN — EVERY HEAT

CASH IN

Sandbag Devil's Press 80 / 40 lb

Burpee, then snatch the bag from the floor to full lockout overhead. Both partners work at the same time, each on their own bag — split the 12 reps however you want. Rule: neither partner starts the heat's lift until all 12 are done.

12 total

SPLIT HOWEVER THE PAIR WANTS

HEATS — MAX REPS AFTER CASH-IN

HEAT 1

PAIR 1

Deadlift

155 / 105 lb

Full lockout — hips & knees extended, shoulders back.

HEAT 2

PAIR 2

Sandbag Clean

150 / 100 lb

Floor to shoulder in one motion; full extension at top.

HEAT 3

PAIR 3

DB Bench Press

50 / 35 lb

Full lockout at top; dumbbells return to chest.

HEAT 4

PAIR 4

Front Squat

155 / 105 lb

Hip crease below top of knee; full lockout at top.

HEAT 5

PAIR 5

Shoulder-to-Overhead

155 / 105 lb

Press, push press, or jerk — full lockout overhead.

WORKOUT FLOW

Heat 1 — Deadlift

Rotate

2:00

Heat 2 — Sandbag Clean

Rotate

2:00

Heat 3 — DB Bench Press

Rotate

2:00

Heat 4 — Front Squat

Rotate

2:00

Heat 5 — STOH

2:00

TOTAL RUN TIME

~14:00

SCORING

Team score = total **max reps** across all 5 heats (male + female combined). Highest total reps wins. Cash-in reps don't count — they just unlock the clock.

Optional tiebreak: If two teams tie on total reps, the team with the faster combined cash-in time across all 5 heats places higher.