

SPLIT ENGINE

10-PERSON TEAM WOD · 5 MEN / 5 WOMEN

15:00

TIME CAP

2

JUDGES

~4

ROUNDS TARGET

STATION A — ENGINE Row + Box

STATION B — FIELD Run + Sync Bodyweight

THE SPLIT — TWO STATIONS WORKING AT ONCE, EVERY ROUND

Engine Station — Row + Box

STATION A

On "3-2-1-go," whichever group is assigned here starts rotating across the rower and 2 boxes at the same time — someone rowing while two others box jump, continuously, not one station after the other.

Judge 1

BOX STANDARD & ROWER RESETS

Field Station — Run + Sync Bodyweight

STATION B

On "3-2-1-go," whichever group is assigned here runs together to the far side of the field, then performs the round's air squats and burpees in sync — a rep only counts when the whole group is in position together.

Judge 2

CALLS SYNC NO-REPS

THE ROUND — REPS CLIMB EACH ROUND

ROUND	STATION A — ENGINE		STATION B — FIELD	
	ROW (CAL)	BOX JUMPS	SYNC AIR SQUATS	SYNC BURPEES
1	50	80	20	20
2	60	90	30	25
3	70	100	40	30
4	80	110	50	35
5	90	120	60	40
6	100	130	70	45
7	110	140	80	50

- Station A reps climb +10 every round.
- Station B squats climb +10; burpees climb +5 every round.

ROTATION — GROUPS SWAP STATIONS EVERY ROUND

ROUND	GROUP 1	GROUP 2
1	● Station A — Engine	● Station B — Field
2	● Station B — Field	● Station A — Engine
3	● Station A — Engine	● Station B — Field
4	● Station B — Field	● Station A — Engine
5	● Station A — Engine	● Station B — Field
6	● Station B — Field	● Station A — Engine
7	● Station A — Engine	● Station B — Field

A round isn't complete until both groups finish and swap — judges stay fixed at their station the whole 15 minutes, watching whichever group rotates through.

SCORING

Rounds + Reps

Team score = total rounds completed by the whole team, plus reps into the final incomplete round as tiebreak.