

Coffland Hero WOD Scaled and Adaptive Versions



No equipment:

Accumulate a 6 minute plank, and with each drop perform either:

- an 800m run/1K row/1K bike and 30 pushups, or
- 2 rounds of 75 jumping jacks, 35 mountain climbers, 15 pushups and 7 burpees

Scaled Options:

Accumulate a 6 minute hang (or heavy object hold), and with each drop perform either:

- an 800m run/1K row/1K bike and 30 pushups, or
- 2 rounds of 75 jumping jacks, 35 mountain climbers, 15 pushups and 7 burpees

OR

Accumulate a 4 minute hang (or heavy object hold), and with each drop perform either:

- a 600m run/750m row/750m bike and 20 pushups, or
- 2 rounds of 75 jumping jacks, 35 mountain climbers, 15 pushups and 7 burpees

REDUCE TIME/DISTANCE/REPS FURTHER AS APPROPRIATE.

Adaptive (Seated):

Accumulate a 6 minute hold or plank, and with each drop perform either:

- a 600m chair push/750m row and 30 alt shoulder taps
- 75 DB press (25#/15#), 35 Russian twists, 30 alt shoulder taps and 7 box turns

Hold = ring hold out of chair.

Adaptive (Single Arm):

Accumulate a 6 minute hold, and with each drop perform either:

- an 800m run/400m row and 15 ring rows
- 75 jumping jacks, 35 jumping lunges, 12 ring rows and 5 burpees

Hold = single arm banded ring hold