

“Forged Through Fire”

AMRAP in 6min:

4 Burpees Over the Bar

6 Power Snatches (65/95)

Non-CF version

AMRAP in 6min:

4 Burpees

6 KB Swings (35/53)

The Phoenix was founded on April 6th, 2006.

The AMRAP:

1. Six representing the year 2006.
2. A six-minute AMRAP makes it easy to plan for an event as well as get a large group through in a small amount of time.
3. Everyone finishes an AMRAP at the same time which makes it much more inclusive and fun.

The burpee:

1. Four representing the month of April.
2. The lack of equipment needed for a burpee makes it accessible.
3. The movement itself signifies rising from the ashes and overcoming obstacles.

The snatch:

1. Six representing the sixth day of April.
2. The scalability of the power/swinging movement makes it accessible and safe.
3. Completing a snatch in any way shape or form is a victory over struggle, but the body position when you finish is also a symbol for victory.

This workout conveys why we do what we do, while delivering a potent stimulus. It can be performed in your living room as: burpees to the counter and deadlifting a milk jug for 6 minutes. To elite cross fitters passing out after getting over 10 rounds as prescribed. Everyone can play, everyone can support, everyone can recover.