

Presented by
GYMREAPERS



ODIN'S ODYSSEY

RX	18 MIN AMRAP
200M ROW	EA RD +100M
100M SB CARRY	75#/50#
SB BEAR COMPLEX	EA RD + 4REPS
(10M = 1 REP)	

SCALED	18 MIN AMRAP
200M ROW	EA RD +100M
100M SB CARRY	50#/35#
SB BEAR COMPLEX	EA RD + 4REPS
(10M = 1 REP)	



	ROW	SB CARRIES	SB BEAR COMPLEX	TIME
ROUND 1	200	100	8	
	20	30	38	
	200	100	8	
ROUND 2	58	68	76	
	300	100	12	
	106	116	128	
ROUND 3	300	100	12	
	158	168	180	
	400	100	16	
ROUND 4	220	230	246	
	400	100	16	
	286	296	312	
ROUND 5	500	100	20	
	362	372	392	
	500	100	20	
ROUND 5	442	452	472	
	600	100	24	
	532	542	566	
ROUND 5	600	100	24	
	626	636	660	
	700	100	28	
TOTAL REPS	730	740	768	
	700	100	28	
	838	848	876	

TOTAL REPS

Team Name		Judge Name	
Athlete Signature		Judge Signature	

Partner A completes 200m Row while Partner B completes 8 Sandbag Bear Complexes.

Once both finish their respective tasks, they complete a **100m Sandbag Carry together (shared effort)**.

Then they switch roles:

Partner A completes 8 Sandbag Bear Complexes while Partner B completes 200m Row.

After both finish their respective tasks, they complete another **100m Sandbag Carry together (shared effort)**.

Only after both partners finish both roles and the two sandbag carries do they move to the next round.

Movement Standards

Rowing:

Athletes must complete the prescribed distance before switching roles.

Monitors must be reset before each new rowing effort.

Sandbag Bear Complex:

Each sandbag bear complex consists of:

- 1. Deadlift:** Lift the sandbag from the ground to standing.
- 2. Hang Clean:** Pull the sandbag to the chest in a front-rack position.
- 3. Front Squat:** Perform a full squat with the sandbag in the front-rack position.
- 4. Press or Push Press:** Extend the sandbag fully overhead.
- 5. Back Squat:** Transition the sandbag to the back and perform a full squat.
- 6. Return to Ground:** Bring the sandbag back to the ground under control to complete the complex.

Standards:

Movements must be performed in sequence.

Squats must reach full depth (hip crease below parallel).

Overhead presses must reach full lockout with hips, knees, and elbows extended.

Sandbag Carry:

Sandbag can be carried over one or both shoulders, hugged, or any way that works.

Partners must alternate as needed and complete **100m together**.

Dropping the sandbag is allowed, but the carry must resume from where the sandbag was dropped.

Weights

RX Division

Male: 75 lbs

Female: 50 lbs

Scaled Division

Male: 50 lbs

Female: 35 lbs