



Passion WOD

For Time:

3 Person Teams work shared evenly.

300 - Double Unders

150 - Assault Bike Cals

3 min. - Accumulated Static OH Holds (each)

1 Mile Walk

1. Barbell Carry #135/95

2. Sled Drag #225/185

3. Kettle Bell Goblet Carry #53/35

3 min. - Accumulated Static Hold from Bar (each)

33 - Burpees Box Jump Overs



Meaning and Explanations:

Why 3 person Teams?

- **Luke 23:49** “But Jesus’ friends, including the women who had followed him from Galilee, stood at a distance watching.”
- Why?
 - Because Jesus wasn’t alone! Christ Followers and Christ himself was and is always in community. Jesus, in himself, is three in one... we call that the Trinity.

300 Double Unders

- **John 19:1-2** “Then Pilate had Jesus flogged with a lead-tipped whip. The soldiers wove a crown of thorns and put it on his head, and they put a purple robe on him.”
- **Why:**
 - Jesus was whipped. We all know the pain of being whipped by our Jump Ropes... Jesus’ whip was described as having metal tips which shredded the skin of Jesus with each strike.
- **Explanation:**
 - These are done simultaneously as a buy in for the workout and should NOT be a time to rest.
 - Scale 2:1

150 - Assault Bike Calories

- **John 19:3** “Hail! King of the Jews!” they mocked, as they slapped him across the face.”
- **Why:**
 - Jesus was beaten, verbally mocked, and dressed up. The Assault bike beats us all up. It hurts and often leaves us broken.
- **Explanation:**
 - These should be done in 10 cal rotating sprints.

3 Minute Static OH Holds

- **Mark 15:16-19** “The soldiers took Jesus into the courtyard of the governor’s headquarters (called the Praetorium) and called out the entire regiment. They dressed him in a purple robe, and they wove thorn branches into a crown and put it on his head. Then they saluted him and taunted, “Hail! King of the Jews!” And they struck him on the head with a reed stick, spit on him, and dropped to their knees in mock worship.”
- **Why:**
 - The Crown of Thorns
 - This movement will give you a bloody head if you aren’t careful. The blood from Jesus’ head came from the mocking of the soldiers and crowd. They dressed him up in “royal” robes and a crown of thorns. As you hold the weight overhead for this time, remember that Jesus held on through struggles as well.
- **Explanation:**
 - These should be done at 70% on your Jerk 1RM (Using 1 barbell, use the weakest athlete’s numbers OR each athlete has their own barbell). Once a teammate drops, the next person must pick up. Each athlete must accumulate 3 minutes of hold each.

1 Mile Walk



- **Luke 23:26** *"As they led Jesus away, a man named Simon, who was from Cyrene, happened to be coming in from the countryside. The soldiers seized him and put the cross on him and made him carry it behind Jesus."*
- **Matthew 27:32** *"Along the way, they came across a man named Simon, who was from Cyrene, and the soldiers forced him to carry Jesus' cross."*
- **Mark 15:31** *"A passerby named Simon, who was from Cyrene,[a] was coming in from the countryside just then, and the soldiers forced him to carry Jesus' cross. (Simon was the father of Alexander and Rufus.)"*
- **Why:**
 - It has been estimated that the walk Jesus made with the Cross was about 3 miles. Your team of three will accumulate the 3 miles together.
- **Explanation:**
 - Each person will have something to carry:
 1. Barbell #135/95 - Part of caring a cross is the weight on your shoulders.
 2. Sled Drag #225/185 - Part of caring a cross is also dragging it behind you.
 3. Goblet Carry #53/35 - These are the burdens we carry. The sin we bring to the cross.
 - Teams will switch through the items ONLY once. Jesus carried the cross, Simon carried it, and then Jesus drug it some more. Rotating through each of these will give you that experience.
 - Rest as needed along the way.

3 Minute Static Hold from bar

- **Matthew 27:35-50** *"After they had nailed him to the cross, the soldiers gambled for his clothes by throwing dice. Then they sat around and kept guard as he hung there. A sign was fastened above Jesus' head, announcing the charge against him. It read: 'This is Jesus, the King of the Jews.'" Two revolutionaries were crucified with him, one on his right and one on his left. The people passing by shouted abuse, shaking their heads in mockery. "Look at you now!" they yelled at him. "You said you were going to destroy the Temple and rebuild it in three days. Well then, if you are the Son of God, save yourself and come down from the cross!" The leading priests, the teachers of religious law, and the elders also mocked Jesus. "He saved others," they scoffed, "but he can't save himself! So he is the King of Israel, is he? Let him come down from the cross right now, and we will believe in him! He trusted God, so let God rescue him now if he wants him! For he said, 'I am the Son of God.'" Even the revolutionaries who were crucified with him ridiculed him in the same way. At noon, darkness fell across the whole land until three o'clock. At about three o'clock, Jesus called out with a loud voice, "Eli, Eli, lema sabachthani?" which means "My God, my God, why have you abandoned me?" Some of the bystanders misunderstood and thought he was calling for the prophet Elijah. One of them ran and filled a sponge with sour wine, holding it up to him on a reed stick so he could drink. But the rest said, "Wait! Let's see whether Elijah comes to save him." Then Jesus shouted out again, and he released his spirit.*
- **Mark 15:22-38**
- **John 19:17-37**
- **Why:**
 - This is the remembrance of Jesus on the Cross.
- **Explanation:**
 - Just like the other static hold, once an athlete drops off the bar, the next may go. You will need to keep up with you time so that each teammate accumulates 3 minutes of hang time.



33 Burpee Box Jump Overs

- **Luke 24:6-7** *"He isn't here! He is risen from the dead! Remember what he told you back in Galilee, that the Son of Man[a] must be betrayed into the hands of sinful men and be crucified, and that he would rise again on the third day."*
- **Matthew 28:1-10**
- **Mark 16:1-9**
- **John 20:1-23**
- **Why:**
 - The passion story doesn't end with death, but life. This last movement takes us from the grave (burpee) to the resurrection (box up over). Jesus is alive today! The resurrection is the grace in the midst of pain. The forgiveness of sin and the promise of an unending life.
- **Explanation:**
 - Each athlete will accumulate 11 reps each.
 - Box height 24/20

The total numbers added up: 490... but why?

- **Matthew 18:21-22** "Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!"
- **Why:**
 - Just like Jesus has made a way for forgiveness and restoration. We too must extend forgiveness to the people around us each day.
 - So, I only have to forgive 490 times? No, the number is just symbolic of a lot! You forgive a lot... daily... everyday, all day. Forgiveness is a life choice and a life well lived.

Easter is about LIFE! Go live it.

