



W O D 1

FRIDAY 29 SEPT - 8 OCT

WOD 1A - FOR MAX WEIGHT / TIME CAP: 3MIN

MOVEMENTS - 0:00 - 3:00

ATTEMPTS - CIRCLE THE MAX WEIGHT

1 RM CLEAN AND JERK

WOD 1B - FOR TOTAL REPS / TIME CAP: 10MIN

MOVEMENTS - 3:00 - 13:00

2 4 6 8 10 12 14 16

HANDSTAND PUSH UPS

SCALED - SH. 2 OH. MALE: 30KG FEMALE: 20KG
TEEN - SH. 2 OH. MALE: 42,5KG FEMALE: 30KG

CHEST TO BAR PULL UPS

SCALED - JUMPING PULL UPS
TEEN - PULL UPS

THRUSTERS

RX / MASTERS / TEEN - MALE: 42,5KG FEMALE: 30KG
SCALED - MALE: 30KG FEMALE: 20KG

POSSIBLE REPS

6 18 36 60 90 126 168 216

WOD 1C - FOR MAX WEIGHT / TIME CAP: 3MIN

MOVEMENTS - 13:00 - 16:00

ATTEMPTS - CIRCLE THE MAX WEIGHT

1 RM CLEAN AND JERK

**YOUR WOD 1A SCORE:
FOR WEIGHT**

**YOUR WOD 1B SCORE:
FOR REPS**

**YOUR WOD 1C SCORE:
FOR WEIGHT**

SCORE IS DETERMINED BY THE
MAX WEIGHT ACHIEVED

SCORE IS DETERMINED BY THE
TOTAL REPS

SCORE IS DETERMINED BY THE
MAX WEIGHT ACHIEVED

GENDER

DIVISION

Male Female

Elite 18 - 39

Scaled

Teen

Master 40+

Team (3 Male - 1 Female, 18+)

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE INT.

X

X