



W O D 2

FRIDAY 29 SEPT - 8 OCT

FOR TOTAL REPS / TIME CAP: 12MIN

MOVEMENTS	1	2	3	4	5	6
20 CAL ROW						
15 TOES TO BAR SCALED - HANGING KNEE RAISES						
10 OVERHEAD SQUATS RX / MASTERS - MALE: 40KG + FEMALE: 35KG + SCALED / TEEN - MALE: 30KG + FEMALE: 25KG +						
POSSIBLE REPS	45	90	135	180	225	270
MOVEMENTS	7	8	9	10	11	12
20 CAL ROW						
15 TOES TO BAR SCALED - HANGING KNEE RAISES						
10 OVERHEAD SQUATS RX / MASTERS - MALE: 40KG + FEMALE: 35KG + SCALED / TEEN - MALE: 30KG + FEMALE: 25KG +						
POSSIBLE REPS	315	360	405	450	495	540

**YOUR WOD 2 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED

After each round the weight increases:

RX / MASTERS - Male: 10kg Female: 5kg / SCALED / TEEN - Male: 5kg Female: 2,5kg

GENDER		DIVISION				
<input type="radio"/> Male	<input type="radio"/> Female	<input type="radio"/> Elite 18 - 39	<input type="radio"/> Scaled	<input type="radio"/> Teen	<input type="radio"/> Master 40+	<input type="radio"/> Team (3 Male - 1 Female, 18+)
ATHLETE NAME			ATHLETE SIGNATURE		JUDGE INT.	
X			X			