



# W O D 18.1

SATURDAY 29 SEPT - 7 OCT

**JACKIE - FOR TIME THEN REPS / TIME CAP: 10MIN**

MOVEMENTS	REPS COMPLETED	POSSIBLE
1000M ROW		100
50 THRUSTERS MALE: 20KG FEMALE: 15KG		150
30 PULL UPS		180

**YOUR WOD 18.1 SCORE:  
FOR TIME**

POWERED BY:



**SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS OR REPS COMPLETED**

GENDER		DIVISION	
<input type="radio"/> Male	<input type="radio"/> Female	<input type="radio"/> Elite	<input type="radio"/> Rx <span style="float: right;"><input type="radio"/> Team</span>
ATHLETE / TEAM NAME	AFFILIATE NAME	ATHLETE / TEAM SIGNATURE	JUDGE INT.
X	X	X	