



# 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 JUMPING PULL UPS		180

**YOUR WOD 18.1 SCORE:  
FOR TIME THEN REPS**

POWERED BY:



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

GENDER O Male O Female	ATHLETE NAME X	AFFILIATE NAME X	ATHLETE SIGNATURE X	JUDGE INT.
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