



W O D 18.2

SATURDAY 29 SEPT - 7 OCT

WOD 18.2A - FOR TOTAL REPS / TIME CAP: 14MIN

MOVEMENTS	1	2	3	4	5	6	7	8
10 KNEE RAISES								
20 BOX JUMP OVERS								
30 KB SWINGS MALE: 16KG FEMALE: 12KG								
POSSIBLE REPS	60	120	180	240	300	360	420	480

WOD 18.2B - FOR MAX WEIGHT / TIME CAP: 4MIN

MOVEMENTS	ATTEMPTS - CIRCLE THE MAX WEIGHT
1 RM OF COMPLEX 1 CLEAN + 1 HANG CLEAN	

**YOUR WOD 18.2A SCORE:
FOR REPS**

**YOUR WOD 18.2B SCORE:
FOR WEIGHT**



SCORE IS DETERMINED BY THE TOTAL REPS

SCORE IS DETERMINED BY THE MAX WEIGHT ACHIEVED

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