



W O D 18.3

SATURDAY 29 SEPT - 7 OCT

FOR MAX REPS / TIME CAP: 13MIN

MOVEMENTS	1	2
20 BURPEES OVER THE BAR		
20 OVERHEAD SQUATS MALE: 42.5KG FEMALE: 30KG		
POSSIBLE REPS	40	80
MOVEMENTS	1	2
15 HANDSTAND PUSHUPS		
15 OVERHEAD SQUATS MALE: 60KG FEMALE: 42.5KG		
POSSIBLE REPS	110	140
MOVEMENTS	1	2
10 HANDSTAND WALK 2,5 MTR = 1 REP		
10 OVERHEAD SQUATS MALE: 80KG FEMALE: 60KG		
POSSIBLE REPS	164	178
MOVEMENTS	DISTANCE COMPLETED	
MAX HANDSTAND WALK 2,5 MTR = 1 REP		

**YOUR WOD 18.3 SCORE:
FOR TOTAL REPS**

POWERED BY:



SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED

After each round the weight increases

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