



# W O D 18.3

SATURDAY 29 SEPT - 7 OCT

**FOR MAX REPS / TIME CAP: 13MIN**

MOVEMENTS	1	2	MOVEMENTS	1	2
20 BURPEES OVER THE BAR			20 BURPEES OVER THE BAR		
20 OVERHEAD SQUATS MALE: 30KG FEMALE: 20KG			20 OVERHEAD SQUATS MALE: 30KG FEMALE: 20KG		
<b>POSSIBLE REPS</b>	<b>40</b>	<b>80</b>	<b>POSSIBLE REPS</b>	<b>220</b>	<b>260</b>
MOVEMENTS	1	2	MOVEMENTS	1	2
15 BURPEES OVER THE BAR			15 BURPEES OVER THE BAR		
15 OVERHEAD SQUATS MALE: 42.5KG FEMALE: 30KG			15 OVERHEAD SQUATS MALE: 42.5KG FEMALE: 30KG		
<b>POSSIBLE REPS</b>	<b>110</b>	<b>140</b>	<b>POSSIBLE REPS</b>	<b>290</b>	<b>320</b>
MOVEMENTS	1	2	MOVEMENTS	1	2
10 BURPEES OVER THE BAR			10 BURPEES OVER THE BAR		
10 OVERHEAD SQUATS MALE: 55KG FEMALE: 42.5KG			10 OVERHEAD SQUATS MALE: 55KG FEMALE: 42.5KG		
<b>POSSIBLE REPS</b>	<b>160</b>	<b>180</b>	<b>POSSIBLE REPS</b>	<b>340</b>	<b>360</b>

**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 O Male O Female	ATHLETE NAME X	AFFILIATE NAME X	ATHLETE SIGNATURE X	JUDGE INT.
---------------------------	-------------------	---------------------	------------------------	------------