# WOD 19.1

SATURDAY 31 AUGUST - FRIDAY 13 SEPTEMBER

**WOD 19.1 - FOR TOTAL REPS / TIME CAP: 16MIN**

| MOVEMENTS | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|
| 18 CAL ROW | | | | | | | | |
| 9 BURPEE BOX JUMP OVERS<br>MALE: 24IN FEMALE: 20IN | | | | | | | | |
| **POSSIBLE REPS** | **27** | **54** | **81** | **108** | **135** | **162** | **189** | **216** |
| **MOVEMENTS** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| 18 CAL ROW | | | | | | | | |
| 9 BURPEE BOX JUMP OVERS<br>MALE: 24IN FEMALE: 20IN | | | | | | | | |
| **POSSIBLE REPS** | **243** | **270** | **297** | **324** | **351** | **378** | **405** | **432** |

**YOUR WOD 19.1 SCORE:**

## FOR TOTAL REPS

**SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP**

| GENDER | DIVISION | | | |
|---|---|---|---|---|
| O Male O Female | O Elite | O Rx | O Masters | O Team |

| ATHLETE / TEAM NAME | AFFILIATE NAME | ATHLETE / TEAM SIGNATURE | JUDGE INT. |
|---|---|---|---|
| X | X | X | |