



# W O D 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 BOX JUMP OVERS MALE: 24IN FEMALE: 20IN								
<b>POSSIBLE REPS</b>	<b>27</b>	<b>54</b>	<b>81</b>	<b>108</b>	<b>135</b>	<b>162</b>	<b>189</b>	<b>216</b>
MOVEMENTS	9	10	11	12	13	14	15	16
18 CAL ROW								
9 BOX JUMP OVERS MALE: 24IN FEMALE: 20IN								
<b>POSSIBLE REPS</b>	<b>243</b>	<b>270</b>	<b>297</b>	<b>324</b>	<b>351</b>	<b>378</b>	<b>405</b>	<b>432</b>

**YOUR WOD 19.1 SCORE:  
FOR TOTAL REPS**

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

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