



W O D 19.3

SATURDAY 31 AUGUST -
FRIDAY 13 SEPTEMBER

FOR TIME THEN REPS / TIME CAP: 12MIN

MOVEMENTS	REPS COMPLETED	POSS
50 DOUBLE UNDERS		50
15 WALL BALL SHOTS MALE: 9KG FEMALE: 6KG		65
15 CHEST TO BAR PU		80
50 DOUBLE UNDERS		130
15 WALL BALL SHOTS MALE: 9KG FEMALE: 6KG		145
15 BAR MUSCLE UPS		160
50 DOUBLE UNDERS		210
15 WALL BALL SHOTS MALE: 9KG FEMALE: 6KG		225
15 HANDSTAND PU		240
50 DOUBLE UNDERS		290
15 WALL BALL SHOTS MALE: 9KG FEMALE: 6KG		305
15M HANDSTAND WALK 1 REP EVERY 2,5M		311

**YOUR WOD 19.3 SCORE:
FOR TIME THEN REPS**

SCORE IS DETERMINED BY THE TIME COMPLETE THE REPS OR REPS COMPLETED BEFORE CAP

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