



# W O D 19.3

SATURDAY 31 AUGUST -  
FRIDAY 13 SEPTEMBER

**WOD 19.3 - FOR TOTAL REPS / TIME CAP: 12MIN**

MOVEMENTS	1	2	3	4	5
50 SINGLE UNDERS					
15 WALL BALL SHOTS MALE: 9KG    FEMALE: 6KG					
15 BURPEES OVER THE BAR					
<b>POSSIBLE REPS</b>	<b>80</b>	<b>160</b>	<b>240</b>	<b>320</b>	<b>400</b>

**YOUR WOD 19.3 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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