



# WOD1

## RX, MASTERS

Complete as many reps as possible in 3 times 4 minute rounds. The athlete may decide who does what exercise in the ladder below..

MOVEMENTS	REPS COMPLETED				
50 Double Under					
5 Front Squat (60/40 kg)					
5 Bar Facing Burpee					
Reps					
50 Double Under					
5 Clean (60/40 kg)					
5 Bar Facing Burpee					
Reps					
50 Double Under					
5 Snatch (60/40 kg)					
5 Bar Facing Burpee					
Reps					

**YOUR FINAL SCORE**  
**REPS**

CATEGORY  RX  SCALED  MASTERS

TEAM NAME

CAPTAIN SIGNATURE

JUDGE INITIALS