



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