



# WOD2

## RX, MASTERS

Complete the following exercises as quick as possible. Time Cap 25 MIN

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
75 Back Squat 60/40 kg		75
50 Pull Up		125
25 Shoulder to Overhead 60/40 kg		150
75 Front Squat 50/35 kg		225
50 Pull Up		275
25 Shoulder to Overhead 50/35 kg		300
75 Overhead Squat 40/25 kg		375
50 Pull Up		425
25 Shoulder to Overhead 40/25 kg		450
75 Back Squat 70/50 kg		525
50 Pull Up		575
25 Shoulder to Overhead 70/50 kg		600
75 Front Squat 60/40 kg		675
50 Pull Up		725
25 Shoulder to Overhead 60/40 kg		750
75 Overhead Squat 50/35 kg		825
50 Pull Up		875
25 Shoulder to Overhead 50/35 kg		900

YOUR FINAL SCORE  
TIME OR REPS

CATEGORY  RX  SCALED  MASTERS

TEAM NAME

CAPTAIN SIGNATURE

JUDGE INITIALS