



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