



WOD2 SCALED

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

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
75 Back Squat 50/35 kg		75
50 T2B		125
25 Shoulder to Overhead 50/35 kg		150
75 Front Squat 40/25 kg		225
50 T2B		275
25 Shoulder to Overhead 40/25 kg		300
75 Overhead Squat 30/20 kg		375
50 T2B		425
25 Shoulder to Overhead 30/20 kg		450
75 Back Squat 60/40 kg		525
50 T2B		575
25 Shoulder to Overhead 60/40 kg		600
75 Front Squat 50/35 kg		675
50 T2B		725
25 Shoulder to Overhead 50/35 kg		750
75 Overhead Squat 40/25 kg		825
50 T2B		875
25 Shoulder to Overhead 40/25 kg		900

YOUR FINAL SCORE
TIME OR REPS

CATEGORY RX SCALED MASTERS

TEAM NAME

CAPTAIN SIGNATURE

JUDGE INITIALS