



WOD3 A-B

AMRAP row within 10 minutes, row any meters if its possible

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
10 minutes ROW		

YOUR FINAL SCORE **WOD3A**
REPS

Find your 1 Rep Max of Snatch within 6 minutes.
(results of the 3 athletes in kg-score) 6 min TC As soon as the clock reaches 10 minutes and Workout3A is complete, Workout 3B will begin with the same running clock. The athlete will have from 6:00 to 0:00 to complete Workout 3B.

ATTEMPTS	WEIGHTS	COMPLETED
ATHLETE 1		
ATHLETE 2		
ATHLETE 3		

YOUR FINAL SCORE **WOD3B**
FOR MAX WEIGHTS (results of the 3 athletes in kg-score)

CATEGORY RX SCALED MASTERS

TEAM NAME	CAPTAIN SIGNATURE	JUDGE INITIALS
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