



EVENT 1

WOD 1 / 2
FIREBREATHERS

WOD 1 - AMRAP / TIME CAP: 10MIN

EMOM - 4 SYNCHRO
BURPEE BOX
JUMP OVER
MALE: 61CM FEMALE: 51CM

MOVEMENTS - ATH. A & B 10 20 30 40

CHEST TO BAR PU

BARBELL THRUSTERS
MALE: 40KG FEMALE: 30KG

POSSIBLE REPS 20 60 120 200

MOVEMENTS - ATH. A & B REPS COMPLETED

IN REMAINING TIME

SYNCHRO BURPEE
BOX JUMP OVER
MALE: 61CM FEMALE: 51CM

WOD 2 - AMRAP / TIME CAP: 10MIN

EMOM - 4 SYNCHRO
BURPEE BOX
JUMP OVER
MALE: 61CM FEMALE: 51CM

MOVEMENTS - ATH. C & D 10 20 30 40

TOES TO BAR

POWER CLEANS
MALE: 60KG FEMALE: 40KG

POSSIBLE REPS 20 60 120 200

MOVEMENTS - ATH. C & D REPS COMPLETED

IN REMAINING TIME

SYNCHRO BURPEE
BOX JUMP OVER
MALE: 61CM FEMALE: 51CM

**YOUR WOD 1 SCORE:
FOR TOTAL REPS**

**YOUR WOD 2 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BY THE PAIRS. EACH WOD SCORED SEPARATELY

TEAM NAME
X

TEAM SIGNATURE
X

JUDGE INT.



SWISS TEAM CHALLENGE 24.06.17

W O D 1 - FOR TOTAL REPS

10 MINUTES to complete as many reps as possible

1 Male and 1 Female bar.

Teams can change bars any time they want.

Athletes start in standing position without touching any equipment.

ONLY ONE ATHLETE IS WORKING AT A TIME (EXCEPT THE BBJO)

There is no minimum requirement for each athlete (only the BBJO!), athletes can switch as often as they want

SYNCHRONIZED BBJO: Ground/Top of box athletes need to be sync

SCORE - TOTAL REPS COMPLETED

W O D 2 - FOR TOTAL REPS

10 MINUTES to complete as many reps as possible

1 Male and 1 Female bar.

Teams can change bars any time they want.

Athletes start in standing position without touching any equipment.

ONLY ONE ATHLETE IS WORKING AT A TIME (EXCEPT THE BBJO)

There is no minimum requirement for each athlete (only the BBJO!), athletes can switch as often as they want

SYNCHRONIZED BBJO: Ground/Top of box athletes need to be sync

SCORE - TOTAL REPS COMPLETED