



EVENT 1

WOD 1 / 2

REGULARS

WOD 1 - AMRAP / TIME CAP: 10MIN					
EMOM - 4 SYNCHRO BURPEE BOX JUMP OVER MALE: 51CM FEMALE: 41CM					
MOVEMENTS - ATH. A & B	10	20	30	40	
JUMPING PULL UPS					
BARBELL THRUSTERS MALE: 20KG FEMALE: 15KG					
POSSIBLE REPS	20	60	120	200	
MOVEMENTS - ATH. A & B	REPS COMPLETED				
IN REMAINING TIME SYNCHRO BURPEE BOX JUMP OVER MALE: 51CM FEMALE: 41CM					

WOD 2 - AMRAP / TIME CAP: 10MIN					
EMOM - 4 SYNCHRO BURPEE BOX JUMP OVER MALE: 51CM FEMALE: 41CM					
MOVEMENTS - ATH. C & D	10	20	30	40	
HANGING KNEE RAISES					
POWER CLEANS MALE: 30KG FEMALE: 20KG					
POSSIBLE REPS	20	60	120	200	
MOVEMENTS - ATH. C & D	REPS COMPLETED				
IN REMAINING TIME SYNCHRO BURPEE BOX JUMP OVER MALE: 51CM FEMALE: 41CM					

**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.
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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