



EVENT 2

W O D 3 / 4 / 5 / 6 / 7
REGULARS

WOD 3 - FOR MAX WEIGHT / TIME CAP: 8MIN CAP (16MIN RUNNING CLOCK)

MOVEMENTS	MALE 1	FEMALE 1	ATHLETE 3	ATHLETE 4
3RM THRUSTER FROM THE GROUND				

**YOUR WOD 3 SCORE:
FOR MAX WEIGHT**
(AVERAGE MALE + AVERAGE FEMALE)

WOD 4 - MAX REPS

MAX TOES TO RINGS ATHLETE A	
90 SECONDS TIME CAP	

**YOUR WOD 4 SCORE:
FOR TOTAL REPS**

WOD 5 - BEST ATTEMPT IN SECONDS

MAX L-SIT HOLD ATHLETE B	
90 SECONDS TIME CAP	

**YOUR WOD 5 SCORE:
FOR BEST ATTEMPT**

WOD 6 - MAX REPS

MAX WALL BALLS ATHLETE C	
MALE: 20LB @ 3,0 M TARGET FEMALE: 14LB @ 2,7M TARGET	
90 SECONDS TIME CAP	

**YOUR WOD 6 SCORE:
FOR TOTAL REPS**

WOD 7 - MAX REPS

MAX DOUBLE UNDERS ATHLETE D	
90 SECONDS TIME CAP	

**YOUR WOD 7 SCORE:
FOR TOTAL REPS**

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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SWISS TEAM CHALLENGE 24.06.17

GENERAL NOTES

16 MINUTES RUNNING CLOCK THROUGH OUT

Only one Athlete is working at a time. WOD 4-7: Each athlete chooses a WOD, no athlete can do two WODs. 30s Transition between WODs. Athletes start in standing position without touching any equipment. 1 Male OR 1 female bar.

W O D 3 - FOR MAX WEIGHT

8 MINUTES to find **AVERAGE TOTAL MALE + AVERAGE TOTAL FEMALE IN KG**
USING ONLY 1 BAR!

In case of a no rep, athletes can keep on going, as long as the bar is not back on the ground

SCORE - AVERAGE TOTAL MALE + AVERAGE TOTAL FEMALE IN KGS

W O D 4 - FOR TOTAL REPS

W O D 5 - FOR MAX ATTEMPT

The longest attempt counts

W O D 6 - FOR TOTAL REPS

Targets are 3,0M for the Males and 2,7M for the Females

W O D 7 - FOR TOTAL REPS