



EVENT 3

WOD 8/9
REGULARS

WOD 8 - MAX FOR TIME OR REPS / TIME CAP: 24MIN

MOVEMENTS	45	36	27		
HAND RELEASE PUSHUPS					
DB SNATCH MALE: 15KG FEMALE: 10KG					
POSSIBLE REPS	90	162	216		
MOVEMENTS	30	24	18		
KB SHOULDER TO OVERHEAD MALE: 16KG FEMALE: 12KG					
KB FRONT RACK WALKING LUNGES MALE: 16KG FEMALE: 12KG					
POSSIBLE REPS	276	324	360		
MOVEMENTS	15	12	9		
PULL UPS					
SQUAT SNATCH MALE: 30KG FEMALE: 20KG					
POSSIBLE REPS	390	414	432		
MOVEMENTS REP SCHEME	10	10	10	10	10
BOX JUMPS MALE: 61CM FEMALE: 51CM					
REPS CONTINUED	10	8	6	4	2
DEADLIFTS RAISING IN WEIGHT EACH ROUND					
	80KG / 55KG	92,5KG / 62,5KG	105KG / 70KG	120KG / 80KG	135KG / 90KG
POSSIBLE REPS	452	470	486	500	512

**YOUR WOD 8 SCORE:
FOR TIME OR REPS**

WOD 9 - MAX CALORIES ROWED / TIME CAP: 24MIN

MOVEMENTS	TOTAL CALORIES ROWED
ROW FOR MAX CALORIES	

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
----------------	---------------------	------------



**SWISS
TEAM
CHALLENGE
24.06.17**

W O D 8 - FOR TIME THEN REPS
24 MINUTES TIME CAP

1 Rower, 1 Male and 1 female bar, 1 KB/DB each weight, a maximum of 1 Pull-up bar, 1 station for the HSPU (90x60cm), one male/female box each per Team. Athletes start in standing position without touching any equipment

NO MINIMUM WORK REQUIREMENT PER ATHLETE

Only one Athlete is working at a time (and one on the rower)
Teams can change bars any time they want
Walking Lunges: 6m increments (1m=1rep)

SCORE - TIME COMPLETED OR REPS COMPLETED AT TIME CAP

W O D 9 - FOR TOTAL CALS

No minimum requirement, athletes can switch as often as they want