






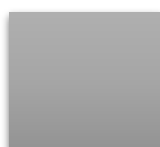
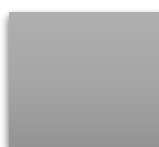

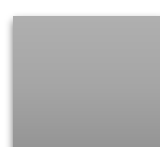
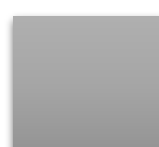




WOD 1

FOR TIME
(time cap 10min.)

MOVEMENTS	CHECKBOX		
50 DOUBLE UNDERS *ELITE SINGLE UNDERS *OPEN			
15 CHEST TO BAR *ELITE MENS PULL-UPS *ELITE WOMENS *OPEN MENS JUMPING PULL UPS *OPEN WOMENS	 1. ROUND	 2. ROUND	 3. ROUND
5 POWER CLEANS *ELITE WOMENS (40 kg) *ELITE MENS (70 kg) *OPEN WOMENS (30 kg) *OPEN MENS (50 kg)	 1. ROUND	 2. ROUND	 3. ROUND
15 BOX JUMPS *ELITE/OPEN WOMENS (50 cm) *ELITE/OPEN MENS (60 cm)	 1. ROUND	 2. ROUND	 3. ROUND
5 POWER CLEANS *ELITE WOMENS (40 kg) *ELITE MENS (70 kg) *OPEN WOMENS (30 kg) *OPEN MENS (50 kg)	 1. ROUND	 2. ROUND	 3. ROUND

YOUR FINAL SCORE:
TIME

The best time is your final score. Write number of unfinished reps If you fail WOD time cap.