



WOD 1

"FRONT RUNNER"

FOR REPS

BUY IN, THEN AMRAP / TIMECAP: 10MIN

MOVEMENTS

REPS DONE

BUY IN:

1300M RUN (F: 600 / M:700)

F: 600

M: 700

MOVEMENTS

MAX. D-BALL CLEAN AND CARRY ON SHOULDER (125/100)

REPS DONE

POSSIBLE REPS

						30
5	5	5	5	5	5	
						60
5	5	5	5	5	5	
						90
5	5	5	5	5	5	
						120
5	5	5	5	5	5	

WOD 1 SCORE - TOTAL REPS:

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE

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WOD 2

"SEEK AND DESTROY"

FOR MAX WEIGHT

SQUAT SNATCH LADDER / 20 SEC ROTATION - 30 SEC WORK

MALE

MOVEMENT	1	2	3	4	5	6	7
1 SQUAT SNATCH	70KG	80KG	88KG	96KG	104KG	110KG	FIND MAX
COMPLETED							

FEMALE

MOVEMENT	1	2	3	4	5	6	7
1 SQUAT SNATCH	50KG	55KG	60KG	65KG	70KG	75KG	FIND MAX
COMPLETED							

WOD 2 SCORE - MAX WEIGHTS:

ATHLETE NAME	ATHLETE SIGNATURE	JUDGE



WOD 3

"CAN'T STOP!"

FOR TIME

5 ROUNDS FOR TIME / TIME CAP: 12MIN					
MOVEMENTS	1	2	3	4	5
30 DEADLIFT (105/80)					
7,5M HANDSTANDWALK ATHLETE A					
7,5M HANDSTANDWALK ATHLETE B					
30 TOES TO BAR					
POSSIBLE REPS	75	150	225	300	375
<div>WOD 3 SCORE - TOTAL TIME:</div>					
ATHLETE NAME	ATHLETE SIGNATURE		JUDGE		



WOD 4

"FEUER FREI"

FOR REPS

AMRAP - FOR TOTAL REPS / TIME CAP: 7MIN

MOVEMENTS

BURPEE BOX JUMPS OVER (61/51)

REPS COMPLETED

POSSIBLE REPS

						30
5	5	5	5	5	5	
						60
5	5	5	5	5	5	
						90
5	5	5	5	5	5	
						120
5	5	5	5	5	5	

WOD 4 SCORE - TOTAL REPS:

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE

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WOD 5

"NOVEMBER RAIN"

FOR TIME

5 ROUNDS FOR TIME / TIME CAP: 12MIN		
MOVEMENTS	COMPLETED REPS	POSSIBLE REPS
8 x 25M SWIM	<div>25m 25m 25m 25m</div> <div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div> <div>25m 25m 25m 25m</div> <div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	200
1100M ROW		1300
60 SYNC DB SNATCH (22.5/15)	<div>10 10 10</div> <div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div> <div>10 10 10</div> <div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	1360
60 WALL BALLS (20/14)	<div>10 10 10</div> <div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div> <div>10 10 10</div> <div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	1420
WOD 5 SCORE - TOTAL TIME:		
ATHLETE NAME	ATHLETE SIGNATURE	JUDGE



WOD 6

"SHOOTOUT"

FOR TIME

FOR TIME / TIMECAP: 2MIN

ATHLETE A

MOVEMENT	COMPLETED REPS	POSSIBLE REPS
5 BAR MUSCLE UP		5
10 PULL-UP		15
SHUTTLE SPRINT		16

ATHLETE B

MOVEMENT	COMPLETED REPS	POSSIBLE REPS
5 BAR MUSCLE UP		21
10 PULL-UP		31
SHUTTLE SPRINT		32

WOD 6 SCORE - TOTAL TIME:

ATHLETE NAME	ATHLETE SIGNATURE	JUDGE



WOD 7

"MASTER OF PUPPETS"

FOR REPS

8 ROUNDS / 20 SEC WORK - 20 SEC REST

SYNC FRONT SQUATS (60/45)

1

2

3

4

5

6

7

8

WOD 7 SCORE - TOTAL REPS:

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE