

QUALIFIERS

WOD 2



WOD 2A	RND 1	RND 2	RND 3	RND 4	RND 5					
10 C2B PULL-UPS / PULL-UPS (WOMEN)										
10 BOX JUMPS 50/60 cm										
10 DEADLIFT 80 / 50 KG										
WOD 2A SCORE: TIME (MM:SS)	DID NOT FINISH BEFORE 12 MINUTE TIME CAP? ENTER TOTAL NUMBER OF REPS HERE									
WOD 2B	1	2	3	4	5	6	7	8	9	10
OVERHEAD SQUAT 80 / 50 KG										
STRICT HSPU / HSPU (WOMEN)										
WOD 2B SCORE TOTAL REPS										
ATHLETE NAME						<input type="checkbox"/> MENS <input type="checkbox"/> WOMENS				
<p>BY SIGNING BELOW, I AGREE WITH MY SCORE.</p> <p>..... ATHLETE SIGNATURE</p> <p>..... JUDGE'S NAME</p>										

DESCRIPTION

12 MINUTE TIME CAP

THIS WILL BE 2 SEPERATELY SCORED WORKOUTS.

2A) FOR TIME

5 ROUNDS OF:

- 10 CHEST TO BAR PULL-UPS / PULL-UPS (WOMEN)
- 10 BOX JUMPS 60 / 50 CM
- 10 DEADLIFT 80 / 50 KG

THEN IN REMAINING TIME

2B) AMRAP ASCENDING LADDER 1-2-3-4...

- 1 OVERHEAD SQUAT 80 / 50 KG
- 1 STRICT HSPU / HSPU (WOMEN)
- 2 OVERHEAD SQUAT 80 / 50 KG
- 2 STRICT HSPU / HSPU (WOMEN)
- 3 OVERHEAD SQUAT 80 / 50 KG
- 3 STRICT HSPU / HSPU (WOMEN)

...

IF YOU COMPLETE THE ROUND OF 3, GO ON TO 4. IF YOU COMPLETE 4, GO ON TO 5, E.T.C

SCORING

2A. TIME: MIN:SEC

IF ATHLETE DOES NOT FINISH BEFORE 12 MINUTE TIME CAP, SCORE BY TOTAL REPS COMPLETED

2B. TOTAL REPS COMPLETED IN REMAINING TIME

EQUIPMENT

- 1 Barbell
- Plates to load to the appropriate weight
- 1 Plyobox