



LAST BATTLE OF WINTER

WOD #1 A & B "HEAVY COUPLET" RX

WOD #1 A : EVERY 2 MINUTES

ROUND 1	5 CLEANS (70/50) 5	ROUND 4	5 CLEANS (100/72,5) 50
	10 BAR-FACING BURPEES 15		10 BAR-FACING BURPEES 60
	<i>If round 1 completed within 2 minutes proceed to round 2</i>		<i>If round 4 completed within 2 minutes proceed to round 5</i>
ROUND 2	5 CLEANS (80/57,5) 20	ROUND 5	5 CLEANS (110/80) 65
	10 BAR-FACING BURPEES 30		10 BAR-FACING BURPEES 75
	<i>If round 2 completed within 2 minutes proceed to round 3</i>		<i>If round 5 completed within 2 minutes proceed to round 6</i>
ROUND 3	5 CLEANS (90/65) 35	ROUND 6	5 CLEANS (120/87,5) 80
	10 BAR-FACING BURPEES 45		10 BAR-FACING BURPEES 90
	<i>If round 3 completed within 2 minutes proceed to round 4</i>		<i>If round 6 completed within 2 minutes proceed to round 7, then round 8, etc...</i>

WHEN UNABLE TO COMPLETE THE ROUND WITHIN 2 MINUTES, GO TO WOD #1 B (NO REST !) :

WOD #1 B : 2 MINUTES FOR...

1 REP MAX CLEAN	Attempts :
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Final Scores:

1.A TOTAL REPS :

1.B MAX LOAD (KG) :

Athlete Name :	Affiliate :	Judge Name :	
Athlete Signature :	Gender : o Male o Female	Category : o Rx o Scaled	Judge Signature :

