



LAST BATTLE OF WINTER

WOD #1 A & B "HEAVY COUPLET" SCALED

WOD #1 A : EVERY 2 MINUTES

ROUND 1	5 CLEANS (35/20)	5
	10 BAR-FACING BURPEES	15

*If round 1 completed within 2 minutes
proceed to round 2*

ROUND 4	5 CLEANS (65/42,5)	50
	10 BAR-FACING BURPEES	60

*If round 4 completed within 2 minutes
proceed to round 5*

ROUND 2	5 CLEANS (45/27,5)	20
	10 BAR-FACING BURPEES	30

*If round 2 completed within 2 minutes
proceed to round 3*

ROUND 5	5 CLEANS (75/50)	65
	10 BAR-FACING BURPEES	75

*If round 5 completed within 2 minutes
proceed to round 6*

ROUND 3	5 CLEANS (55/35)	35
	10 BAR-FACING BURPEES	45

*If round 3 completed within 2 minutes
proceed to round 4*

ROUND 6	5 CLEANS (85/57,5)	80
	10 BAR-FACING BURPEES	90

*If round 6 completed within 2 minutes
proceed to round 7, then round 8, etc...*

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 :

