

WOD #I A & B "HEAVY COUPLET" LAST BATTLE OF WINTER SCALED

		WOD TIA	LVLKI Z	PILITOTES			
ROUND 1			ROUND 4				
		_		E CLEANS (SE/A2 E)		FO	
	5 CLEANS (35/20)	5		5 CLEANS (65/42,5)		50	
	10 DAD FACING DUDDEEC	4.5		10 DAD FACING BUDDE	EC	60	
10 BAR-FACING BURPEES If round 1 completed within 2 minutes		within 2 minutes]	10 BAR-FACING BURPEES 60 60 61 62 63 64 65 65 66 66 66 66 66		60	
	proceed to			proceed to round 5			
DOLLNID 2			DOLIND F				
ROUND 2			ROUND 5				
	5 CLEANS (45/27,5)	20		5 CLEANS (75/50)		65	
	10 BAR-FACING BURPEES	30		10 BAR-FACING BURPE	ES	75	
	If round 2 completed		If round 5 completed within 2 minutes proceed to round 6				
proceed to round 3 proceed to round 6							
ROUND 3			ROUND 6				
	5 CLEANS (55/35)	35		5 CLEANS (85/57,5)		80	
			-	, , ,			
	10 BAR-FACING BURPEES	45		10 BAR-FACING BURPE	FS	90	
	If round 3 completed within 2 minutes		If round 6 completed within 2 minutes			30	
proceed to round 4 proceed to round 7, then round 8, etc							
WHEN LINABLE TO COMPLETE THE DOLLNID WITHIN 2 MANUFECT CO. TO WAR 1/4 R (NO RECT.)							
WHEN UNABLE TO COMPLETE THE ROUND WITHIN 2 MINUTES, GO TO WOD #1 B (NO REST!):							
WOD #1 B : 2 MINUTES FOR							
	4.858			Attempts :			
	1 REP MAX CLEAN						
Final Scores:							
1.A TOTAL REPS: 1.B MAX LOAD (KG):							
Add add Nove .				Turken News			
Athlete Name :		Affiliate :		Judge Nam	ie:		
Athlete Signature :		Gender :	Category :	Judge Sign	ature :		
-		3 ,					
		o Male o Female	o Rx o Sca	iled			





