



WOD #2

"GYM TRIPLET"

RX

LAST BATTLE OF WINTER

AMRAP in 8 Minutes of :

	ROUND #1	ROUND #2	ROUND #3	ROUND #4	ROUND #5	ROUND #6	ROUND #7	ROUND #8	ROUND #9	ROUND #10
MOVEMENTS / REPS	2	3	4	5	6	7	8	9	10	
RING MUSCLE-UPS	2	29	59	92	128	167	209	254	302	
	4	6	8	10	12	14	16	18	20	
HANDSTAND PUSH-UPS	6	35	67	102	140	181	225	272	322	
	20	20	20	20	20	20	20	20	20	20
DOUBLE-UNDERS	26	55	87	122	160	201	245	292	342	

Final score:
TOTAL NUMBER OF REPS

SCORE IS DETERMINED BY THE TOTAL OF REPETITIONS LISTED ABOVE.

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

