



# LAST BATTLE OF WINTER

# WOD #3 "WINTER CHIPPER" RX

AMRAP in 12 Minutes of :

	ROUND #1	ROUND #2
60 cal. ROW	60	270
50 WALL BALL SHOTS (9/6)	110	320
40 DEADLIFTS (60/40)	150	360
30 BOX JUMPS (24"/20")	180	390
20 CHEST-TO-BAR PULL-UPS (M) PULL-UPS (W)	200	410
10 SHOULDER-TO-OVERHEAD (60/40)	210	420

Final score:  
TOTAL NUMBER OF REPS

SCORE IS DETERMINED BY THE TOTAL OF REPETITIONS LISTED ABOVE.

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

