

## WOD #3 "WINTER CHIPPER" DY

## LAST BATTLE OF WINTER

AMRAP in 12 Minutes of :			
	ROU	ND #1	ROUND #2
60 cal. ROW			
		60	270
EO WALL BALL CHOTC (0/6)		60	270
50 WALL BALL SHOTS (9/6)			
		110	320
40 DEADLIFTS (60/40)			
		150	360
30 BOX JUMPS (24"/20")		130	300
30 BOX JUMPS (24 /20 )			
		180	390
20 CHEST-TO-BAR PULL-UPS (M)			
PULL-UPS (W)			
		200	410
10 SHOULDER-TO-OVERHEAD		200	410
(60/40)			
(00/40)			
		210	420
	_		
Final score:			
TOTAL NUMBER OF REPS			
SCOR	E IS DETERMINED BY THE	TOTAL OF REPETIONS L	ISTED ABOVE.
Athlete Name :	Affiliate :		Judge Name :
Athlete Cinneture	Candan	Catagorius	ludge Cienebune .
Athlete Signature :	Gender:	Category :	Judge Signature :
	o Malo o Famala	o Dy o Cooled	
	o Male o Female	o Rx o Scaled	





