



**WOD #3**

**"WINTER CHIPPER"**

**LAST BATTLE OF WINTER**

**SCALED**

**AMRAP in 12 Minutes of :**

	<b>ROUND #1</b>	<b>ROUND #2</b>
40 cal. ROW	40	230
50 WALL BALL SHOTS (6/3)	90	280
40 DEADLIFTS (50/30)	130	320
30 BOX JUMPS (24"/20")	160	350
20 PULL-UPS (M) JUMPING PULL-UPS (W)	180	370
10 SHOULDER-TO-OVERHEAD (50/30)	190	380

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 :

