



Scorecard 18.1 (Elite/RX/INT)



WOD 18.1		Round 1: 20 Reps					Round 2: 16 Reps				Round 3: 12 Reps		
Elite/RX/INT		4 Reps	8 Reps	12 Reps	16 Reps	20 Reps	4 Reps	8 Reps	12 Reps	16 Reps	4 Reps	8 reps	12 Reps
Cal Row	Athlete 1												
	Athlete 2												
Power Snatches	Athlete 1												
	Athlete 2												
Pull ups	Athlete 1												
	Athlete 2												
Burpees over the bar	Athlete 1												
	Athlete 2												

Workout 18.1

20-16-12 Reps For Time (Timecap 25')

- Cal Row
- Power Snatches
- Pull ups
- Burpees over the bar

Material:

- 1 rower
- 1 barbell

TIME:

Variations

Elite/RX

Power Snatches 42,5/30 kg | 92,5/65 lb

Intermediate

Power Snatches 30/20 kg | 67,5/45 lb

TEAM NAME _____

ELITE/RX	INT
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AFFILIATE _____

JUDGE NAME _____





Presented By

Scorecard 18.2 (Elite/RX)



WOD18.2 A AMRAP 8'	5 Thrusters	5 Thrusters	10 Box Jump Overs	10 Box Jump Overs
1 (Thrusters 40/30 kg)	5	10	20	30
2 (Thrusters 50/35 kg)	35	40	50	60
3 (Thrusters 60/40 kg)	65	70	80	90
4 (Thrusters 70/45 kg)	95	100	110	120
5 (Thrusters 80/50 kg)	125	130	140	150
6 (Thrusters 90/55 kg)	155	160	170	180
7 (Thrusters 100/60 kg)	185	190	200	210
8 (Thrusters 110/65 kg)	215	220	230	240
SCORE:			REPS	
Rest 8'-10'				
WOD 18.2 B	10'-15' to find your max weight on the complex - 1 Cluster (Clean + Thruster) - 2 Overhead Squats			SCORE

Workout 18.2

AMRAP 8'

- ° 10 Thrusters (add weight every round)
- ° 20 Box Jump Overs (24'/20')

Material:

- 1 barbell for the thrusters
- 1 barbell for the complex
- 1 box

Thruster Weight	Men	Women
Kg	40/50/60/70/80/90/100/110	30/35/40/45/50/55/60/65
Lb	87,5/110/132,5/155/177,5/197,5/220/242,5	67,5/77,5/87,5/100/110/122,5/132,5/142,5

TEAM NAME _____ SCORE 18.2A: _____

AFFILIATE _____ SCORE 18.2B: _____

JUDGE NAME _____ ELITE/RX





Scorecard 18.3 (Elite/RX /INT)

Presented by



TC	Round 1	Round 2	Round 3
48 Toes to bars	12	168	324
	24	180	336
	36	192	348
	48	204	360
Athlete 1 36 Double unders unbroken	60	216	372
	72	228	384
	84	240	396
Athlete 2 36 Double unders unbroken	96	252	408
	108	264	420
	120	276	432
24 Dumbbell snatches alternated synchro 22,5/15 kg 50/35 lb	132	288	444
	144	300	456
12 Bar muscle ups	156	312	468
Score:		Time/	Reps

Wourkout

3 rounds for time TC 25'

- 48 Toes to bars
- 36 Double unders unbroken each athlete
- 24 Dumbbell snatches synchro
- 12 Bar muscle ups

Intermediate
Intermediate teams use the same weight as Elite/RX. Intermediate teams do 36 Double unders per athlete (not unbroken) and 12 Chest to bars (=Bar Muscle ups) or 24 Pull ups.

Material

- 2 jump ropes
- 2 dumbbells

TEAM NAME _____

SCORE 18.3: _____

AFFILIATE _____

JUDGE NAME _____

ELITE/RX

Intermediate

