

ADVANCED ATHLETES



QUALIFIER WOD 1

APRIL 26, 2019 - MAY 12, 2019

FOR TOTAL REPS / TIME CAP: 12MIN

MOVEMENTS	1	2	3	4	5	6
6 TOES TO BAR						
12 BOX JUMP OVERS						
20 DOUBLE UNDERS						
POSSIBLE REPS	38	76	114	152	190	228

MOVEMENTS	1	2	3	4	5	6
6 TOES TO BAR						
12 BOX JUMP OVERS						
20 DOUBLE UNDERS						
POSSIBLE REPS	266	304	342	380	418	456

**YOUR QUALIFIER WOD 1 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP

AGE BRACKET

Senior
 Master 35+
 Master 40+
 Master 45+
 Master 50+
 Master 55+
 Kids
 Teen
 Junior

ATHLETE NAME

X

GENDER

Male
 Female

ATHLETE SIGNATURE

X

JUDGE INT.