



# QUALIFIER WOD 1

APRIL 26, 2019 - MAY 12, 2019

**FOR TOTAL REPS / TIME CAP: 12MIN**

MOVEMENTS	1	2	3	4	5	6
9 TOES TO BAR						
12 BOX JUMP OVERS						
30 DOUBLE UNDERS						
<b>POSSIBLE REPS</b>	<b>51</b>	<b>102</b>	<b>153</b>	<b>204</b>	<b>255</b>	<b>306</b>

MOVEMENTS	1	2	3	4	5	6
9 TOES TO BAR						
12 BOX JUMP OVERS						
30 DOUBLE UNDERS						
<b>POSSIBLE REPS</b>	<b>357</b>	<b>408</b>	<b>459</b>	<b>510</b>	<b>561</b>	<b>612</b>

**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.