

WOD 1

8 MIN AMRAP

20 Cal row

40 Double unders

20 Snatch 40kg/30kg



	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
20 Cal row					
40 DU					
20 Snatch					
	80	160	240	320	400
Tiebreak					

SCORE

REPS

TIEBREAK

TIME

ATHLETE

JUDGE

DATE

AFFILIATE

PARTNERS

