

# WOD 1 - SCORECARD

## ALL DIVISIONS



ATHLETE  
NAME

JUDGE NAME

## FOR TIME - 12 MIN CAP

### WOD

10 Air Squats, 1 Devil Press  
 10 Air Squats, 2 Devil Press  
 10 Air Squats, 3 Devil Press  
 10 Air Squats, 4 Devil Press  
 10 Air Squats, 5 Devil Press  
 10 Air Squats, 6 Devil Press  
 10 Air Squats, 7 Devil Press  
 10 Air Squats, 8 Devil Press  
 10 Air Squats, 9 Devil Press  
 10 Air Squats, 10 Devil Press

### DIVISION STANDARDS

#### Air Squats

- Beginning and finishing rep in a fully extended position, hips and knees extended
- Must break parallel at bottom of squat

#### Single Dumbbell Devil Press

10KG - Beginners, Masters 50+, Masters 45+ Scaled, Masters 40+ Scaled

15KG - Scaled, Intermediate, Masters Scaled 35+, Masters 40+ RX, Masters 45+ RX

22.5KG - RX and Masters 35+ RX

10 Air Squats		1 Devil Press	
10 Air Squats		2 Devil Press	
10 Air Squats		3 Devil Press	
10 Air Squats		4 Devil Press	
10 Air Squats		5 Devil Press	
10 Air Squats		6 Devil Press	
10 Air Squats		7 Devil Press	
10 Air Squats		8 Devil Press	
10 Air Squats		9 Devil Press	
10 Air Squats		10 Devil Press	

TIME

SIGNATURE