

WOD 2 - SCORECARD

ALL DIVISIONS



ATHLETE
NAME

JUDGE NAME

6 ROUNDS FOR TIME 8MIN CAP

WOD

10 Wall Balls
10 Box Jump Overs

6 Rounds For Time
8min Cap

DIVISION STANDARDS

Wall Balls

- 9ft / 2.7m height for all divisions
- Must break parallel at bottom of squat

Box Jump Overs

- 20inch / 50cm height for all divisions
- Step-ups allowed for Beginners & Masters 50+ ONLY
- No lockout required at top of box if jumping. Lockout required for step-ups

Round				Reps
1	10 Wall Balls		10 Box Jumps	20
2	10 Wall Balls		10 Box Jumps	40
3	10 Wall Balls		10 Box Jumps	60
4	10 Wall Balls		10 Box Jumps	80
5	10 Wall Balls		10 Box Jumps	100
6	10 Wall Balls		10 Box Jumps	120

TOTAL REPS

SIGNATURE