



BIG SUMMER GAMES 2024

SCORECARD WOD 1

INDIVIDUALS

PART A - 3 RND TIME CAP 5:00 • 25x Double Unders • 10x/8x Pull Ups • 5x Overhead Squats 40/27,5 kg	COMPLETE YES / NO TIME: _____
PART B - 3 RND TIME CAP 10:00 • 35x Double Unders • 8x/6x Chest to Bar Pull Ups • 10x Overhead Squats 40/27,5 kg	COMPLETE YES / NO TIME: _____
PART C - 3 RND TIME CAP 15:00 • 45x DU's • 6x/3 Bar Muscle Ups • 15x Overhead Squats 40/27,5 kg x	COMPLETE YES / NO TIME: _____