



BIG SUMMER GAMES 2024

SCORECARD WOD 2

INDIVIDUALS

FOR TIME – TIME CAP 7'

- 500/450 m Row
- 12x Deadlifts 80/50 kg
- 500/450 m Row
- 15x Deadlifts 100/62,5 kg
- 500/450 m Row
- 18x Deadlifts 120/75 kg

**COMPLETE
YES / NO**

TIME: _____