



BIG SUMMER GAMES 2024

SCORECARD

WOD 1

TEAMS

FOR TIME (ATHLETES A/B/C)

- 750 m Row (A+B)
- 20 Synchro Thrusters (A+B)
- 750 m Row (B+C)
- 20 Synchro Front Squats (B+C)
- 750 m Row (A+C)
- 20 Synchro Shoulder To Overheads (A+C)

[60/37,5 kg]

TIME: _____