



SCORECARD WOD 2

TEAMS

AMRAP 19'

PART - A
3 RND - EACH ATHLETE ONCE

- | | | |
|-----------------------------|-------------------|-------------------|
| • 100 Double Unders | 100 Double Unders | 100 Double Unders |
| • 25/20 Pull Ups | 25/20 Pull Ups | 25/20 Pull Ups |
| • 15x Deadlifts 100/62,5 kg | 15x Deadlifts | 15x Deadlifts |

[100 kg / 62,5 kg]

PART - B
3 RND - EACH ATHLETE ONCE

- | | | |
|-----------------------------|---------------------|---------------------|
| • 125 Double Unders | 125 Double Unders | 125 Double Unders |
| • 20/15 CH2B Pull Ups | 20/15 CH2B Pull Ups | 20/15 CH2B Pull Ups |
| • 20x Deadlifts 100/62,5 kg | 20x Deadlifts | 20x Deadlifts |

[100 kg / 62,5 kg]

PART - C

- MAX reps of Bar Muscle Ups