



ROGUE FITNESS



WOD 1



CHASSEURS CUEILLEURS



FOR TIME / TIME CAP: 7MIN

MOVEMENTS	REPS COMPLETED	POSSIBLE REPS
50 DOUBLE UNDERS		50
40 TOES TO BAR		90
30 SNATCH		120
20 OVERHEAD SQUAT		140

YOUR FINAL SCORE: FOR TIME

TIME TO COMPLETE OR CAP

REPS NOT COMPLETED

TOTAL TIME

+

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ELITE MEN: 75LB OR 35KG ELITE WOMEN: 55LB OR 25KG
 MASTER MEN: 75LB OR 35KG MASTER WOMEN: 55LB OR 25KG
 TEAM: SAME WEIGHTS AS ELITES

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS LISTED ABOVE

If the athlete does not complete all the reps before the time cap the reps not completed will be added to the time cap as penalty reps to give official time.

GENDER	DIVISION	ATHLETE / TEAM NAME	ATHLETE / TEAM SIGNATURE	JUDGE INITIALS
<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> Teams <input type="radio"/> Individuals <input type="radio"/> Masters	X	X	X