



CHASSEURS
CUEILLEURS

WOD 3



FOR TIME / TIME CAP: 7MIN

BUY IN - MOVEMENT - 3MIN

COMPLETED REPS

AMRAP CHEST TO BAR
pull ups for masters women

REST 1 MIN

MOVEMENT - 3MIN

COMPLETED REPS

KAREN - 150 WALLBALLS
MINUS REPS OF CHEST TO BAR BUY IN

**YOUR FINAL SCORE:
FOR TIME THEN REPS**

Score will be his time if their manages to complete 150 total reps or the time cap + the remaining number of wall balls he should have completed in second

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