



WOD 3

SUBMIT YOUR SCORE BY THE 4TH OF MAY, 8PM
SOUMETTEZ VOTRE SCORE AVANT LE MERCREDI 4 MAI 20H

FOR TIME / TIME CAP: 12MIN

MOVEMENT - BUY IN	REPS COMPLETED	REPS POSSIBLE
100 DOUBLE UNDERS SCALED - 200 SINGLES		100

MOVEMENTS	1	2	3
20 WALL BALLS MALE: 20LB FEMALE: 14LB			
7 RING MUSCLE UPS TEAM - SAME AS MEN / WOMEN MASTERS - MALE: C2B PU FEMALE: REG. PULLUPS SCALED - PULLUPS			
POSSIBLE REPS	127	154	181

MOVEMENT - CASH OUT	REPS COMPLETED	REPS POSSIBLE
100 DOUBLE UNDERS SCALED - 200 SINGLES		281

**YOUR FINAL SCORE:
FOR TIME**

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

If the athlete fails to complete the workout in the given time, his score will be the cap time plus the number of reps uncompleted in seconds.

Si l'athlète ne finit pas dans le temps imparti, le score sera de 12 minutes auquel nous rajouterons en secondes, le nombre de répétitions non effectuées.

GENDER <input type="radio"/> Male <input type="radio"/> Female	DIVISION	ATHLETE / TEAM NAME X	ATHLETE / TEAM SIGNATURE X	JUDGE INT. X
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