



WOD 3 French Throwdown
08:00am 28/04/13 until/jusqu'à 18:00pm 04/05/13

POWERED BY : **ROCKTAPE**
Go stronger, longer

Athlete name / Nom de l'athlète:

Judge name:

Score (Temps mis ou Temps limite plus 1 sec par répétition non exécuté/Time or Time cap plus 1 sec per rep not executed):

Athlete copy/Copie pour l'athlète

Judge copy/Copie pour le juge

SCORECARD / FEUILLE DE SCORE

Complete the following sequence as fast as possible / Compléter la séquence suivante le plus vite possible
Time Cap: 8 Minutes

Men-Masters Men

10 Overhead Squats 95lbs/43kg
20 Hang Cleans 95lbs/43kg
30 Front Squats 95lbs/43kg
40 Wall Balls 20lbs/9kg
100 Double Unders

Women-Masters Women

10 Overhead Squats 45lbs/20kg
20 Hang Cleans 45lbs/20kg
30 Front Squats 45lbs/20kg
40 Wall Balls 14lbs/6kg
100 Double Unders

Movement	Reps
10 Overhead Squats	
20 Hang Cleans	
30 Front Squats	
40 Wall Balls	
100 Double Unders	

Judge name and Signature:

Athlete name and Signature: