



**WOD 2 French Throwdown**  
 08:00am 21/04/13 until/jusqu'à 18:00pm 27/04/13

POWERED BY : PURE PHARMA



Athlete name / Nom de l'athlète:

Judge name:

Score (Somme des charges les plus lourdes en kg sur chaque mouvement/Sum of the heaviest loads in kg on each movement):

*Athlete copy/Copie pour l'athlète*

*Judge copy/Copie pour le juge*

**SCORECARD / FEUILLE DE SCORE**

You have 9 minutes to complete your rep max in Deadlift, Squat and shoulder to overhead / Vous avez 9 minutes pour trouver vos reps maxs en soulevé de terre, squat et jeté

**Men-Masters Men**

9 mins to complete in this order

1 deadlift rep max (soulevé de terre)

1 squat rep max (squat)

1 shoulder to overhead rep max (jeté)

**Women-Masters Women**

9 mins to complete in this order

1 deadlift rep max (soulevé de terre)

1 squat rep max (squat)

1 shoulder to overhead rep max (jeté)

Movement/ Attempt	1	2	3	4	5	6	7
<b>Deadlift weight</b>							
Validation							
<b>Deadlift weight</b>							
Validation							
<b>Squat weight</b>							
Validation							
<b>Squat weight</b>							
Validation							
<b>S-to-O weight</b>							
Validation							
<b>S-To-O weight</b>							
Validation							

Judge name and Signature:

Athlete name and Signature: