

NAME: _____

Partner Initials: #1 _____ #2 _____ #3 _____

WOD	#1	#2	#3																																																																								
5 pushups 5 standing broad jump 5 weighted bar thrusters AMRAP ____ min. Score total rounds	DATE: SCORE:	DATE: SCORE:	DATE: SCORE:																																																																								
2 burpees, 2 sit-ups, 2 air squats 4 burpees, 4 sit-ups, 4 air squats 6 burpees, 6 sit-ups., 6 air squats Etc. AMRAP ____ min. Score highest round	DATE: SCORE:	DATE: SCORE:	DATE: SCORE:																																																																								
4 rounds 45 sec. work, 15 sec. transition Jumprope Air squats Weighted bar overhead press Plank hold Score total reps.	DATE: <table border="1" data-bbox="856 1104 1205 1325"> <thead> <tr> <th></th> <th>Jrope</th> <th>Squat</th> <th>Press</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td></tr> <tr style="background-color: #cccccc;"><td></td><td></td><td></td><td></td></tr> </tbody> </table> SCORE:		Jrope	Squat	Press	1				2				3				4								DATE: <table border="1" data-bbox="1239 1104 1587 1325"> <thead> <tr> <th></th> <th>Jrope</th> <th>Squat</th> <th>Press</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td></tr> <tr style="background-color: #cccccc;"><td></td><td></td><td></td><td></td></tr> </tbody> </table> SCORE:		Jrope	Squat	Press	1				2				3				4								DATE: <table border="1" data-bbox="1608 1104 1936 1325"> <thead> <tr> <th></th> <th>Jrope</th> <th>Squat</th> <th>Press</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td></tr> <tr style="background-color: #cccccc;"><td></td><td></td><td></td><td></td></tr> </tbody> </table> SCORE:		Jrope	Squat	Press	1				2				3				4							
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