

WOD 2: JUMP AROUND



FOR TIME:

40-30-20-10
SA DB HANG CLEAN AND JERKS
20-15-10-5
BOX JUMP OVERS

ROUND 1	ROUND 2	ROUND 3	ROUND 4
40	30	20	10
20	15	10	5

FINAL TIME:

RX DIVISION

50/35 DUMBBELL & 24/20 BOX JUMP OVERS

SCALED DIVISION

35/20 DUMBBELL & 24/20 BOX STEP OVERS

ATHLETE NAME:

JUDGE NAME:

SCORES DUE BEFORE: MONDAY, AUGUST 31ST AT 8PM EST