

WOD 3: REGATTA REMIX



SCORE A

0:00 - 4:00 MAX ROW CALORIES

TOTAL CALS

4:00 - 5:00 REST & TRANSITION

SCORE B

5:00 - 15:00 AMRAP - 10 MIN

AMRAP - 10 MINUTES
21 WALL BALL SHOTS
15 TOES TO BAR
9 BURPEES OVER ROWER

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7
WALL BALL SHOTS	<input type="text" value="21"/>	<input type="text" value="66"/>	<input type="text" value="111"/>	<input type="text" value="156"/>	<input type="text" value="201"/>	<input type="text" value="246"/>	<input type="text" value="291"/>
TOES TO BAR	<input type="text" value="36"/>	<input type="text" value="81"/>	<input type="text" value="126"/>	<input type="text" value="171"/>	<input type="text" value="216"/>	<input type="text" value="261"/>	<input type="text" value="306"/>
BURPEES	<input type="text" value="45"/>	<input type="text" value="90"/>	<input type="text" value="135"/>	<input type="text" value="180"/>	<input type="text" value="225"/>	<input type="text" value="270"/>	<input type="text" value="315"/>

TOTAL REPS

RX DIVISION
20/14 WALL BALL TO 10FT/9FT
TOES TO BAR
BURPEE JUMP OVER ROWER

SCALED DIVISION
14/20 WALL BALL TO 10FT/9FT
HANGING KNEE RAISES
BURPEE STEP OVER ROWER

ATHLETE NAME:

JUDGE NAME:

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