



# WOD 2

“ TEAM ATOMIC NUMBER 90 ”

**AMRAP / TIME CAP: 12MIN**

MOVEMENTS	1	2	3	4	5	6
<b>30 THRUSTERS</b> RX - MALE: 42.5KG FEMALE: 30KG SCALED - MALE: 20KG FEMALE: 15KG						
<b>30 BURPEE BOX JUMP OVERS</b> RX - MALE: 24IN FEMALE: 20IN. SCALED - MALE: 20IN FEMALE: 16IN  ( MAY STEP OVER )						
<b>30 CALORIE ROW</b>						
<b>POSSIBLE REPS</b>	<b>90</b>	<b>180</b>	<b>270</b>	<b>360</b>	<b>450</b>	<b>540</b>

**YOUR FINAL SCORE:  
FOR TIME THEN REPS**

SCORE IS DETERMINED BY TOTAL REPS COMPLETED BETWEEN PARTNERS BEFORE THE TIME CAP

Reps May be partitioned between you and your partner how you like. One works one rests.

IMPORTANT- Team members must not start the Burpee until their Team Mate has landed on the Ground!  
 A jump or step over may be used, both feet must make contact with the top on the box. The athlete may be seated on the rower but may not grab the handle until the last rep has been completed by their Team Mate

AGE CATEGORY

18 - 34

35 - 39

40 - 44

45+

GENDER

DIVISION

TEAM NAME

TEAM SIGNATURE

JUDGE INITIALS

F/F  M/M  F/M

Rx  Scaled

X

X

X