

“Tag Team”

Wod 1

Timecap 20 min

Thrusters	SU	Thrusters	SU	time
40	200	40	200	

Front Squat	DU	Front Squat	DU	time
40	100	40	100	

S2O	TU	S2O	TU	time
40	25	40	25	

Thrusters 40/30kg, Front-squat 50/40kg, S2O 45/35kg. You find the movement standards on the website. Filming is not needed, find a Judge for this one. For every completed round you will get points. If timecap is passed note the Reps and score card needs to be send to walterscupthrowdown@gmail.com

The athlete can only use one barbell and has to change the weights himself/herself or your Buddy. Mixed buddies use a two barbells (man/woman barbell).

We trust your Judge to check your weights, be safe.

Athlete name/number	Judge name

We wish you good luck and enjoyment,

Boki Le Grey & Marcha van Glaanen Weijgel