

“Buddy Judge”

Wod 3

Timecap 12 min

Row	time
2000/1600	

2RM Overhead Squat	weight
kg	

Amrep Pullups	reps
max	

Set the rower on distance Man 2000M and Woman 1600m, the time on the rower is your score. For the 2RM overhead you can pre-load you barbell before you start the clock, not squat snatch and barbell must start from the ground. For the rest of the 12 timecap you can get extra points. The row, overhead squat and pullups needs to be done within the timecap of 12min. this will be done by Athlete A and B separate, both score will be added tougher. You find the movement standards on the website. **Filming is needed**, your buddy 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

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