



WOD 1 – COUNT ON ME

TEAM NAME: _____

JUDGES NAME: _____ ADV.

INT.

BEG.

ADVANCED

12 min AMRAP

2, 4, 6, 8, 10, 12, 14 ETC. REPS OF:

Synchronised Overhead Alternating Static Lunge @

35Kg

Synchronised Toes to Bar

Synchronised Bar Facing Burpees

INTERMEDIATE

12 min AMRAP

2, 4, 6, 8, 10, 12, 14 ETC. REPS OF:

Synchronised Front Rack Alternating Static Lunge @

35Kg

Synchronised Toes to Bar

Synchronised Bar Facing Burpees

BEGINNERS

12 min AMRAP

2, 4, 6, 8, 10, 12, 14 ETC. REPS OF:

Synchronised Alternating Static Lunge

Synchronised Knee Raises

Synchronised Bar Facing Burpees (can step over)

Reps	Synchronised Overhead Lunge (Adv) Synchronised Front Rack Lunge (Int.) Synchronised Lunge (Beg)	Synchronised Toes To Bar (Synchronised Knee Raises for Beginners)	Synchronised Bar Facing Burpees	Total Reps
2				6
4				18
6				36
8				60
10				90
12				126
14				168
16				216
18				270
20				330
22				396
24				468
26				546
28				630

TOTAL REPS: _____