



## WOD 2 – EVER CHANGIN’ TIMES (ADVANCED)

TEAM NAME: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_

ADV.

FOR TIME (**WITH A 21 MINUTE TIME CAP**):

50 cal row buy in (between the two athletes)

Then, changing every 25 reps:

100 double unders

100 wall balls @ 9kg

100 KB snatch @ 16kg

100 box jumps 24"

100 thrusters @ 35kg

50 cal row buy out (between the two athletes)

**\* ADD ONE SECOND ON TO THE 21 MINUTE TIME CAP FOR ANY UNFINISHED REPS**

**(i.e. Should you complete 45 calories of the last 50 calorie row at 21 minutes, your score will be 21:05)**

Row	50 calories				Total Reps
					50
Double Unders	25	25	25	25	150
Wall Balls	25	25	25	25	250
KB Snatch	25	25	25	25	350
Box Jumps	25	25	25	25	450
Thrusters	25	25	25	25	550
Row	50 calories				600

TIME: \_\_\_\_\_

UNFINISHED REPS: \_\_\_\_\_

**\* TIME TAKEN TO COMPLETE THE WORKOUT. IF TIME CAPPED, 21 MINUTES PLUS 1 SECOND FOR EACH REP NOT COMPLETED.**

**(i.e. Should you complete 45 calories of the last 50 calorie row at 21 minutes, your score will be 21:05, as you had 5 reps to go before finishing)**



## WOD 2 – EVER CHANGIN’ TIMES (INTERMEDIATE)

TEAM NAME: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_

INT.

FOR TIME (**WITH A 21 MINUTE TIME CAP**):

50 cal row buy in (between the two athletes)

Then, changing every 25 reps:

100 double unders

100 wall balls @ 6kg

100 KB swings @ 16Kg

100 box jumps 20"

100 thrusters @ 25kg

50 cal row buy out (between the two athletes)

**\* ADD ONE SECOND ON TO THE 21 MINUTE TIME CAP FOR ANY UNFINISHED REPS**

**(i.e. Should you complete 45 calories of the last 50 calorie row at 21 minutes, your score will be 21:05)**

Row	50 calories				Total Reps
					50
Double Unders	25	25	25	25	150
Wall Balls	25	25	25	25	250
KB Swing	25	25	25	25	350
Box Jumps	25	25	25	25	450
Thrusters	25	25	25	25	550
Row	50 calories				600

TIME: \_\_\_\_\_

UNFINISHED REPS: \_\_\_\_\_

**\* TIME TAKEN TO COMPLETE THE WORKOUT. IF TIME CAPPED, 21 MINUTES PLUS 1 SECOND FOR EACH REP NOT COMPLETED.**

**(i.e. Should you complete 45 calories of the last 50 calorie row at 21 minutes, your score will be 21:05, as you had 5 reps to go before finishing)**



## WOD 2 – EVER CHANGIN’ TIMES (BEGINNERS)

TEAM NAME: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_

BEG.

FOR TIME (**WITH A 21 MINUTE TIME CAP**):

50 cal row buy in (between the two athletes)

Then, changing every 25 reps:

200 single skips (change every 50 reps)

100 wall balls @ 4kg

100 KB swings @ 12Kg

100 box jumps / step ups 20"

100 thrusters @ 15kg

50 cal row buy out (between the two athletes)

**\* ADD ONE SECOND ON TO THE 21 MINUTE TIME CAP FOR ANY UNFINISHED REPS**

**(i.e. Should you complete 45 calories of the last 50 calorie row at 21 minutes, your score will be 21:05)**

Row	50 calories				Total Reps
					50
Skips	50	50	50	50	250
Wall Balls	25	25	25	25	350
KB Swing	25	25	25	25	450
Box Jumps	25	25	25	25	550
Thrusters	25	25	25	25	650
Row	50 calories				700

TIME: \_\_\_\_\_

UNFINISHED REPS: \_\_\_\_\_

**\* TIME TAKEN TO COMPLETE THE WORKOUT. IF TIME CAPPED, 21 MINUTES PLUS 1 SECOND FOR EACH REP NOT COMPLETED.**

**(i.e. Should you complete 45 calories of the last 50 calorie row at 21 minutes, your score will be 21:05, as you had 5 reps to go before finishing)**