



# QUALIFIER WOD 3

GO HARD OR GO HOME

FOR TIME – TIMECAP 25 MIN

|           |                            |  |
|-----------|----------------------------|--|
| <b>50</b> | SYNC ALT DB SNATCHES       |  |
| <b>24</b> | ALT BURPEES OVER THE BUDDY |  |

|           |                            |  |
|-----------|----------------------------|--|
| <b>40</b> | SYNC DB CLEAN & S20        |  |
| <b>24</b> | ALT BURPEES OVER THE BUDDY |  |

|           |                            |  |
|-----------|----------------------------|--|
| <b>30</b> | SYNC DB CLUSTERS           |  |
| <b>24</b> | ALT BURPEES OVER THE BUDDY |  |

**SCORE**

If not completed: write down number of completed reps

**DB WEIGHT**

ELITE & RX 22,5/15KG - ADVANCED 15/10KG – SCALED & JR 10/5KG

**TEAM** .....

Athletes .....

Signatures .....

**DIVISION**

0 JR 0 18+ 0 70+ 0 90+

Judge Name .....

Judge Signature .....