



"WHIPLASH"

WOD A: TIME 0 - 8'

6 ROUNDS

6 Thruster
3 DB Box Step Over

Rounds	Exercise	Thruster						DB Box Step Over		
		1	2	3	4	5	6	1	2	3
Round 1										
Round 2										
Round 3										
Round 4										
Round 5										
Round 6										

WOD B: TIME 8' - 15'

3 ROUNDS

100 DU
15 Hand Stand Push Up

Exercise Rounds	Double Under					Hand Stand Push Up														
	20	40	60	80	100	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Round 1																				
Round 2																				
Round 3																				

PESOS:

Rx: 60-22,5 / 40-15 kg

Im: 50-20 / 30-12,5 kg... 50 DU/10 HSPU

Sc: 40-17,5 / 25-10 kg... 100 SU/10 Push Up Release

Judge's name: _____



TOTAL TIME / REPS A: _____

TOTAL TIME / REPS B: _____

Athlete name: _____

Athlete's signature:

Rx Int Sc

MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3:

Ejerc. escalado 4:

Ejerc. escalado 5:

Ejerc. escalado 6: