

Qualifier WOD 2 Cindy Dottir

AMRAP in 10 minutes

Buy-in 500 row*

Amrap Cindy in remaining time

5 pull ups

10 push up*

15 airsquats

***there is a tiebreak after the buy in (log wod 2a)**

*** Push ups are hand released**

SCALED will do Jumping pull ups, and hand released knee push ups



Naam Atleet:

wod 2 A Buy in Row 500mtr

Wod 2 B	Pull ups	Push ups	Airsquats	totaal
round 1				30
round 2				60
round 3				90
round 4				120
round 5				150
round 6				180
round 7				210
round 8				240
round 9				270
round 10				300
round 11				330
round 12				360
round 13				390
round 14				420
round 15				450

totaal score
