

Kylee – 2 scored events

Team Name: Sample

3 min. AMRAP - Kylee Part 1 (wod 3)

<input checked="" type="radio"/> Double Unders OR <input type="radio"/> Single Unders (circle one)			
*Note: both partners must do DU or both partners must do SU. Teams who choose SU will be ranked below all teams doing DU.			
Tally Double/Single Unders			
10 20 30 40 60 80 100 120 130 140 150 160 180 200 202			
Total Double or Single Unders	202	Total Bike Calories	42
Total DU/SU + Cals	244		

1 min. rest

12 min. AMRAP - Kylee Part 2 (wod 4)

<input checked="" type="radio"/> Rx'd OR <input type="radio"/> Scaled (circle one)			
Rx'd = 6-T2B + 6-One Arm Alternating DB G20 at M: 50 lbs./ W: 35 lbs. Scaled = 6-K290 + 6-One Arm Alternating DB G20 at M: 35 lbs./ W: 25 lbs.			
*Note: both partners must Rx the entire workout or both partners must Scale the entire workout. Teams who Scale will be ranked below all teams who Rx.			
Tally Burpees			
Total Burpees	84		

Captain Signature:

Judge Signature: