



WOD 1

DEATH BY FRONT SQUAT

FOR TOTAL WEIGHT (REPS X WEIGHT)

MOVEMENTS	1	2	3	4	5	6	7	8	9
5 BURPEE OVER BAR									
FRONT SQUATS ATHLETE CHOOSES WEIGHT									
POSSIBLE REPS	1	3	6	10	15	21	28	36	45

MOVEMENTS	10	11	12	13	14	15	16	17	18
5 BURPEE OVER BAR									
FRONT SQUATS ATHLETE CHOOSES WEIGHT									
POSSIBLE REPS	55	66	78	91	105	120	136	153	171

YOUR FINAL SCORE:
FOR WEIGHT CHOSEN X COMPLETED FRONT SQUAT REPS

SCORE IS DETERMINED BY THE WEIGHT CHOSEN X THE NUMBER OF REPS COMPLETED BEFORE THE FAILED MINUTE OF REPS

DIVISION

Individuals
 Masters 40+
 Scaled Individuals
 Scaled Masters (35-39)
 Scaled Masters (40-44)
 Scaled Masters (45+)

GENDER

Male Female

ATHLETE NAME

X

ATHLETE SIGNATURE

X

JUDGE INITIALS

X