

BATTLE OF ANATOLIA 2019 ELEME WOD'U

BEGINNER KATEGORİ

WOD

A

AMRAP 7 MİN	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	A- TOPLAM
15 Plate squat cleans	15	40	65	90	115	140	165	190	
10 box jump overs	25	50	75	100	125	150	175	200	

B

AMRAP 7 MİN	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	B- TOPLAM
15 Plate Ground to overhead	15	45	75	105	135	165	195	225	
15 Wall Ball Shots	30	60	90	120	150	180	210	240	

ATLET İSİM

JUDGE İSİM

SKOR

