



## **SCORESHEET QWOD 2**

**DESCRIPTION, STANDARDS, WEIGHTS, ETC:**

[link](#)

**VIDEO:**

[link](#)

# RX Male

# QWOD 2

12 min TC, for time:

MINUTES	MOVEMENTS	REPS COMPLETED
0:00 min.	8 Deadlift 80 kg	
	8 Burpee Box jump over	
Wall balls		
2:00 min.	8 Deadlift 80 kg	
	8 Burpee Box jump over	
Wall balls		
4:00 min.	8 Deadlift 80 kg	
	8 Burpee Box jump over	
Wall balls		
6:00 min.	8 Deadlift 80 kg	
	8 Burpee Box jump over	
Wall balls		
8:00 min.	8 Deadlift 80 kg	
	8 Burpee Box jump over	
Wall balls		
10:00 min	8 Deadlift 80 kg	
	8 Burpee Box jump over	
Wall balls		
<b>TIME OR REPS:</b>		

## Movement, Weights, Heights:

35+, 40+ 8 Deadlift 80 kg, 8 Box jump over 60 cm

45+ 7 Deadlift 70 kg, 7 Box jump over 60 cm

50+ 7 Deadlift 70 kg, 7 Box step over 60 cm

55+, 60+ 6 Deadlift 60 kg, 6 Box step over 50 cm

ATHLETE NAME

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JUDGE INITIALS

# SC Male

# QWOD 2

12 min TC, for time:

MINUTES	MOVEMENTS	REPS COMPLETED
0:00 min.	6 Deadlift 70 kg	
	6 Burpee Box step over	
Wall balls		
2:00 min.	6 Deadlift 70 kg	
	6 Burpee Box step over	
Wall balls		
4:00 min.	6 Deadlift 70 kg	
	6 Burpee Box step over	
Wall balls		
6:00 min.	6 Deadlift 70 kg	
	6 Burpee Box step over	
Wall balls		
8:00 min.	6 Deadlift 70 kg	
	6 Burpee Box step over	
Wall balls		
10:00 min	6 Deadlift 70 kg	
	6 Burpee Box step over	
Wall balls		
<b>TIME OR REPS:</b>		

## Movement, Weights, Heights:

35+, 40+ 6 Deadlift 70 kg, 6 Box step over 60 cm

45+, 50+ 6 Deadlift 60 kg, 6 Box step over 50 cm

55+, 60+ 6 Deadlift 50 kg, 6 Box step over 40 cm

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# RX Female

# QWOD 2

12 min TC, for time:

MINUTES	MOVEMENTS	REPS COMPLETED
0:00 min.	8 Deadlift 50 kg	
	8 Burpee Box jump over	
Wall balls		
2:00 min.	8 Deadlift 50 kg	
	8 Burpee Box jump over	
Wall balls		
4:00 min.	8 Deadlift 50 kg	
	8 Burpee Box jump over	
Wall balls		
6:00 min.	8 Deadlift 50 kg	
	8 Burpee Box jump over	
Wall balls		
8:00 min.	8 Deadlift 50 kg	
	8 Burpee Box jump over	
Wall balls		
10:00 min	8 Deadlift 50 kg	
	8 Burpee Box jump over	
Wall balls		
<b>TIME OR REPS:</b>		

## Movement, Weights, Heights:

35+, 40+ 8 Deadlift 50 kg, 8 Box jump over 50 cm

45+ 7 Deadlift 45 kg, 7 Box jump over 50 cm

50+ 7 Deadlift 45 kg, 7 Box step over 50 cm

55+, 60+ 6 Deadlift 40 kg, 6 Box step over 40 cm

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JUDGE INITIALS

# SC Female

# QWOD 2

12 min TC, for time:

MINUTES	MOVEMENTS	REPS COMPLETED
0:00 min.	6 Deadlift 45 kg	
	6 Burpee Box step over	
Wall balls		
2:00 min.	6 Deadlift 45 kg	
	6 Burpee Box step over	
Wall balls		
4:00 min.	6 Deadlift 45 kg	
	6 Burpee Box step over	
Wall balls		
6:00 min.	6 Deadlift 45 kg	
	6 Burpee Box step over	
Wall balls		
8:00 min.	6 Deadlift 45 kg	
	6 Burpee Box step over	
Wall balls		
10:00 min	6 Deadlift 45 kg	
	6 Burpee Box step over	
Wall balls		
<b>TIME OR REPS:</b>		

## Movement, Weights, Heights:

35+, 40+ 6 Deadlift 45 kg, 6 Box step over 50 cm

45+, 50+ 6 Deadlift 40 kg, 6 Box step over 40 cm

55+, 60+ 6 Deadlift 30 kg, 6 Box step over 40 cm

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE INITIALS