


<p>QWOD1 Intermediate</p> <p>For Reps</p> <p>TimeCap: 8 min</p>	
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Front Squats (50/35)	Shoulder2 Overhead (50/35)	bar facing Burpees
synced	synced	synced
2	4	6
2 Reps	2 Reps	2 Reps
10	14	18
4 Reps	4 Reps	4 Reps
24	30	36
6 Reps	6 Reps	6 Reps
44	52	60
8 Reps	8 Reps	8 Reps
70	80	90
10 Reps	10 Reps	10 Reps
102	114	126
12 Reps	12 Reps	12 Reps
140	154	168
14 Reps	14 Reps	14 Reps
184	200	216
16 Reps	16 Reps	16 Reps
234	252	270
18 Reps	18 Reps	18 Reps
Result		Reps