

# QWOD1 Masters

For Reps

TimeCap: 8 min



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