

QWOD2 Elite
For Reps
TimeCap: 10 Min



Ring Muscle Ups	Pistols	8m Handstand Walk	Pistols
		<i>2m Segment = 1 Rep</i>	
4	16	20	32
4 Reps	12 Reps	4 Reps	12 Reps
36	48	52	64
4 Reps	12 Reps	4 Reps	12 Reps
68	80	84	96
4 Reps	12 Reps	4 Reps	12 Reps
100	112	116	128
4 Reps	12 Reps	4 Reps	12 Reps
132	144	148	160
4 Reps	12 Reps	4 Reps	12 Reps
164	176	180	192
4 Reps	12 Reps	4 Reps	12 Reps
196	208	212	224
4 Reps	12 Reps	4 Reps	12 Reps
228	240	244	256
4 Reps	12 Reps	4 Reps	12 Reps
260	272	276	288
4 Reps	12 Reps	4 Reps	12 Reps
		Result	Reps