

**QWOD2 Intermediate
For Reps**



Part A

TimeCap: 8 min

<i>alternate Rounds</i>	Goblet Squats (24/16)	Pull Ups		Goblet Squats (24/16)	Pull Ups
Athlete A	14 Reps 14	7 Reps 21	Athlete B	14 Reps 35	7 Reps 42
Athlete A	14 Reps 56	7 Reps 63	Athlete B	14 Reps 77	7 Reps 84
Athlete A	14 Reps 98	7 Reps 105	Athlete B	14 Reps 119	7 Reps 126
Athlete A	14 Reps 140	7 Reps 147	Athlete B	14 Reps 161	7 Reps 168
Athlete A	14 Reps 182	7 Reps 189	Athlete B	14 Reps 203	7 Reps 210
Athlete A	14 Reps 224	7 Reps 231	Athlete B	14 Reps 245	7 Reps 252
Athlete A	14 Reps 266	7 Reps 273	Athlete B	14 Reps 287	7 Reps 294
Athlete A	14 Reps 308	7 Reps 315	Athlete B	14 Reps 329	7 Reps 336

Result Part A

Reps

Part B

TimeCap: 4 min

<i>split as needed</i>	Bar Muscle Up	Pistols
1 Rep	1	12 Reps 13
1 Rep	14	12 Reps 26
1 Rep	27	12 Reps 39
1 Rep	40	12 Reps 52
1 Rep	53	12 Reps 65
1 Rep	66	12 Reps 78
1 Rep	79	12 Reps 91

Result Part B

Reps