

QWOD2 Masters
For Reps
TimeCap: 10 Min



C2B	Goblet Squats (32/24)	8m Handstand Walk	Goblet Squats (32/24)
		<i>2m Segment = 1 Rep</i>	
8	20	24	36
8 Reps	12 Reps	4 Reps	12 Reps
44	56	60	72
8 Reps	12 Reps	4 Reps	12 Reps
80	92	96	108
8 Reps	12 Reps	4 Reps	12 Reps
116	128	132	144
8 Reps	12 Reps	4 Reps	12 Reps
152	164	168	180
8 Reps	12 Reps	4 Reps	12 Reps
188	200	204	216
8 Reps	12 Reps	4 Reps	12 Reps
224	236	240	252
8 Reps	12 Reps	4 Reps	12 Reps
260	272	276	288
8 Reps	12 Reps	4 Reps	12 Reps
296	308	312	324
8 Reps	12 Reps	4 Reps	12 Reps
		Result	Reps