


<b>QWOD3 Intermediate</b>	
<b>For Time/Weight</b>	
<b>TimeCap: 15 min (A+B)</b>	

<b>Part A</b>				
<b>Wall Balls (150 reps)</b>				
add 02:20 <b>10 Reps</b>	add 02:10 <b>10 Reps</b>	add 02:00 <b>10 Reps</b>	add 01:50 <b>10 Reps</b>	add 01:40 <b>10 Reps</b>
add 01:30 <b>10 Reps</b>	add 01:20 <b>10 Reps</b>	add 01:10 <b>10 Reps</b>	add 01:00 <b>10 Reps</b>	add 00:50 <b>10 Reps</b>
add 00:40 <b>10 Reps</b>	add 00:30 <b>10 Reps</b>	add 00:20 <b>10 Reps</b>	add 00:10 <b>10 Reps</b>	add 00:00 <b>10 Reps</b>
<b>Row (2k)</b>				
				meters
<i>add 1 sec for each rep or cal left after time cap</i>		<b>Result Part A</b>	<b>min</b>	

<b>Part B</b>				
<b>Snatch + Hang Snatch + Overhead Squat</b>				
Athlete A	kg	kg	kg	kg
Athlete B	kg	kg	kg	kg
<i>add max weight of both athletes</i>		<b>Result Part B</b>	<b>kg</b>	