



Presented by



CanWest Games Qualifier WOD 17.2:

May 11th 2017, 17:00 PT - May 15th 2017,17:00 PT

<p>Workout 17.2 As RX Masters 35-39 Masters 40-44</p>	<p>Workout 17.2 Masters 45-49 Masters 50-54</p>
<p>20-Minutes AMRAP 20 Thrusters 135 lbs/95 lbs 20 Pullups 20 Burpees to Target</p> <p>Score is total reps completed in 20 Minutes</p>	<p>10-minute AMRAP 10 Double Unders 10 Hang power snatch 75lbs/45lbs 10 Pull-ups *Every round complete 10 more double unders than the last (ex. 10,20,30,40..etc)</p> <p>Score is total reps completed in 10 Minutes *Tie Breaker time required at the end of final completed round.</p>
<p>Workout 17.2 Teens</p>	<p>Workout 17.2 Scaled Masters 55+</p>
<p>10-minute AMRAP 10 Double Unders 10 Hang power snatch 95/65lbs 10 Pull-ups *Every round complete 10 more double unders than the last (ex. 10,20,30,40..etc)</p> <p>Score is total reps completed in 10 Minutes *Tie Breaker time required at the end of final completed round.</p>	<p>10-Minutes AMRAP 20 Single Unders 10 Hang Power Snatch 75lbs/45lbs 10 Ring Rows *Every round complete add 10 more single unders than the last (ex. 30,40,50,60..etc)</p> <p>Score is total reps completed in 10 Minutes</p>



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Workout 17.2 - As Rx As RX Masters 35-39 Masters 40-44 Complete as many rounds and repetitions as possible in 20 minutes of: 20 Thrusters 20 Pullups 20 Burpees to Target Men use 135 lb. Women use 95 lbs.	R O U N D	THRUSTER (20)	PULLUP (20)	BURPEES (20)	
	1				60
	2				120
	3				180
	4				240
	5				300
	6				360
	7				420
	8				480
	9				540
10				600	

ATHLETE NAME _____ **TOTAL REPS** _____



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Variation	R O U N D	DOUBLE UNDERS (10 FIRST ROUND. ADD 10 EACH ROUND)	HANG POWER SNATCH (10)	PULLUPS (10)	Tie-Break Time	RE PS
10-minute AMRAP:	1	(10)				30
10 Double Unders	2	(20)				70
10 Hang power snatch 75/45lbs	3	(30)				120
10 Pull-ups	4	(40)				180
*Every round complete 10 more double unders than the last (ex. 10,20,30,40..etc)	5	(50)				250
	6	(60)				330
Masters 45-49: Men use 75 lbs Women use 45 lbs	7	(70)				420
Teens: Men use 95 lbs Women use 65 lbs	8	(80)				520
	9	(90)				630
Score is total reps completed in 10 Minutes	10	(100)				750

NAME _____ **TIE-BREAK TIME** _____ **TOTAL REPS** _____



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Variation Categories: Scaled Masters 55+	R O U N D	SINGLE UNDERS (20 FIRST ROUND. ADD 10 EACH ROUND)	HANG POWER SNATCH (10)	RING ROWS (10)	
AMRAP 10 Minutes: 20 Single Unders 10 Hang Power Snatch 10 Ring Rows *Every round complete add 10 more single unders than the last (ex. 30,40,50,60..etc) Men use 75 lbs. Women use 45 lbs. Score is total reps completed in 10 Minutes	1	(20)			40
	2	(30)			90
	3	(40)			150
	4	(50)			220
	5	(60)			300
	6	(70)			390
	7	(80)			490
	8	(90)			600
	9	(100)			720
	10	(110)			850
	11	(120)			990
	12	(130)			1140
	13	(140)			1300
	14	(150)			1470
	15	(160)			1650
	16	(170)			1840
	17	(180)			2240

ATHLETE NAME _____ **TOTAL REPS** _____