



Presented by



CanWest Games Qualifier WOD 17.3:

May 18th 2017, 17:00 PT - May 22nd 2017, 17:00 PT

<p>Workout 17.3 As RX Masters 35-39 Masters 40-44</p>	<p>Workout 17.3 Masters 45-49 Masters 50-54 Masters 55+ Teens Scaled</p>
<p>Prior to 8:00, complete 20 HSPU 50 Double Unders 15 Deadlifts (225/155) 20 HSPU 50 Double Unders 13 Deadlifts (265/185)</p> <p>If completed before 8 minutes, add 4 minutes to the clock and proceed to: 20 HSPU 50 Double unders 11 Deadlifts 295/205lbs</p> <p>If completed before 12 minutes, add 4 minutes to the clock and proceed to: 20 HSPU 50 Double unders 9 Deadlifts 325/225lbs</p> <p>If completed before 16 minutes, a final 4 minutes will be added to the clock and will proceed to: 20 HSPU 50 Double unders. Max Deadlifts 355/245lbs Stop at 20mins.</p> <p>Score is total reps completed</p>	<p>For time 30 Deadlifts 105/75lbs 10 Bar facing burpees 20 Deadlifts 155/105lbs 20 Bar facing burpees 10 Deadlifts 205/135lbs 30 Bar facing burpees *Time cap 15-minutes</p> <p>Scoring reported as MM:SS; Only one barbell is allowed and the athlete must change their own weights; No one may assist the athlete during barbell weight changes</p> <p>If the athlete is unable to complete the workout in under the time cap, the score will be 15:00 plus 1 second for every uncompleted rep.</p>



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		DUs (50)			70
		DLs (15) @ 225/155			85
		HSPU (20)			105
		DUs (50)			155
		DLs (13) @ 265/185			168
	R O U N D 2	HSPU (20)	DUs (50)	DLs (11) @ 295/205	249
		HSPU (20)	DUs (50)	DLs (9) @ 325/225	328
	R O U N D 3	HSPU (20)	DUs (50)	DLs (9) @ 325/225	328
	R O U N D 4	HSPU (20)	DUs (50)	MAX DLs 355/245	



ATHLETE NAME _____ TOTAL REPS _____

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Variation Categories: Masters 45-49 Masters 50-54 Masters 55+ Teens Scaled For time 30 Deadlifts 105/75lbs 10 Bar facing burpees 20 Deadlifts 155/105lbs 20 Bar facing burpees 10 Deadlifts 205/135lbs 30 Bar facing burpees *Time cap 15-minutes Scoring reported as MM:SS; Only one barbell is allowed and the athlete must change their own weights; No one may assist the athlete during barbell weight changes If the athlete is unable to complete the workout in under the time cap, the score will be 15:00 plus 1 second for every uncompleted rep.	R O U N D	DEADLIFTS	BAR FACING BURPEES	REPS
	1	(30) @ 105/75	(10)	
2	(20) @ 155/105	(20)		80
3	(10) @ 205/135	(30)		120

Time to Complete or 15:00 A _____
 Incomplete Reps (if A = 15:00) B _____
 1 Rep = 1 Sec. Time A+B _____

NAME _____

TIME _____