



CanWest Games Qualifier WOD 17.5:

June 1st, 2017 17:00 PT - June 12th 2017, 17:00 PT

<p>Workout 17.5 - As Rx As RX (Men / Women) Masters 35-39 (Men / Women) Masters 40-44 (Men / Women)</p>	<p>Workout 17.5 - Variations Scaled (Men / Women) Masters 44-49 (Men / Women) Masters 50-54 (Men / Women) Masters 55+ (Men / Women) Teen (Men / Women)</p>
<p>For Time:</p> <p>500m Row</p> <p>Rest 90 seconds</p> <p>500m Row</p> <p>Scoring:</p> <p>Total time required to complete both 500m rows rounded to the nearest tenth of a second. (Do not include rest interval in total time. I.e. 500m #1 = 1:32.3 + 500m #2 = 1:34:0 Total time would be inputted as 3:06.30).</p>	<p>AMRAP 20 mins:</p> <p>20 Row calories 20 Wall ball shots (20bs/10ft & 14lbs/9ft) 20 Burpees onto plate</p> <p>Scoring:</p> <p>Total Complete Reps. (1 cal = 1 rep)</p>



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Workout 17.5 - As Rx As RX (Men / Women) Masters 35-39 (Men / Women) Masters 40-44 (Men / Women) For Time: 500m Row Rest 90 seconds 500m Row Scoring: Total time required to complete both 500m rows. Include tenths of a second for each result. Do not include rest interval in total time. Example 500m #1 = 1:32.3 + 500m #2 = 1:34:0 Total time would be inputted as 3:06.30	R O U N D		
	1	ATTEMPT #1	
	REST 90 SECONDS		
	2	ATTEMPT #2	
		TOTAL TIME (1+2)	
REMEMBER TO RECORD YOUR TIME ONLINE AS M.SS.ss For example, if the sum of your two times is 3:06:3 you will enter your result as 3:06.30			

ATHLETE NAME _____ **TOTAL TIME** _____



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Workout 17.5 - Variations Scaled (Men / Women) Masters 44-49 (Men / Women) Masters 50-54 (Men / Women) Masters 55+ (Men / Women) Teen (Men / Women) AMRAP 20 mins: 20 Row calories 20 Wall ball shots (20bs/10ft & 14lbs/9ft) 20 Burpees onto plate Scoring: Total Complete Reps. (1 cal = 1 rep)	R O U N D	Row-Cals (20)	Wallballs (20)	Burpess (20)	
		1			
	2				120
	3				180
	4				240
	5				300
	6				360
	7				420
	8				480
	9				540
	10				600

ATHLETE NAME _____ **TOTAL REPS** _____