



WOD 2 - PART A - "CannonbALL OUT"

TIME CAP = 8 MINUTES

ATHLETE NAME:

JUDGE NAME (or "video" if recording):

MOVEMENT	TIME
1000m Row	

WOD 2 - PART B - "RAZE IT UP"

TIME CAP = 12 MINUTES

MOVEMENT	BEST LIFT
1 Rep max OHS (overhead squat)	

MOVEMENT	BEST LIFT
3 Rep max deadlift (touch and go)	

ATHLETE SIGNATURE:

JUDGE SIGNATURE (or "video" if recording):

Space for lifting attempts (judges only):