

“Buddy work”

Wod 2

Timecap 20 min

Buddy Wallball burpees	40	
Buddy Duo Deadlift	40	
Synchone Hang power clean	40	
Buddy Wallball sit-ups	40	
	time	

For the Wallball work all need to use 9kg. For the Duo deadlift Men use 200kg, Mixed 160kg, Woman 120kg. Hang power clean 50/40kg. You find the movement standards on the website. Filming is not needed, find a Judge for this one. For every completed round you will get points. If timecap is passed note the Reps and score card needs to be send to walterscupthrowdown@gmail.com

We trust your Judge to check your weights, be safe.

Athlete name/number	Judge name

We wish you good luck and enjoyment,

Boki Le Grey & Marcha van Glaanen Weijgel