



# EVENT 18.2

**FOR TOTAL REPS / TIME CAP: 12MIN**

MOVEMENTS	1	2	3
<b>100 WALL BALL SHOTS</b> <small>MALE: 20 LBS      FEMALE: 14LBS</small>			
<b>100 BOX JUMPS</b> <small>MALE: 24IN      FEMALE: 20IN</small>			
<b>100 TOES TO BAR</b> <small>SCALED - HANGING KNEE RAISES</small>			
<b>100 HANDSTAND PUSHUPS</b> <small>SCALED - BURPEES</small>			
<b>POSSIBLE REPS</b>	<b>400</b>	<b>800</b>	<b>1200</b>

**YOUR EVENT 18.2 SCORE:  
FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED**

Pairs will be able to switch as needed. Only one team member working at a time.

DIVISION	TEAM NAME	TEAM SIGNATURE	JUDGE INT.
<input type="radio"/> Rx <input type="radio"/> Scaled	X	X	