

# INDY - WOD 3 - WAVE RUNNER

## WEIGHTS

### RX

225/145

255/155

275/175

### INT/MAST

185/105

205/125

225/145

### 45+

155/95

185/105

205/125

### SCALED/TEENS

135/85

155/95

185/105

## PART 1

## CUMULATIVE REPS

12 FRONT SQUATS

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	3	3	3

12

200 M RUN

13

9 FRONT SQUATS

<input type="text"/>	<input type="text"/>	<input type="text"/>
3	3	3

22

200 M RUN

23

6 FRONT SQUATS

<input type="text"/>	<input type="text"/>
3	3

29

200 M RUN

30

RECORD PART 1 HERE

PART 1 TIME TO FINISH  
OR REPS COMPLETED

RECORD PART 2 HERE

MAX CLEANS

HEAT

LANE

NAME:

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JUDGE NAME:

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# TEAM - WOD 3 - WAVE RUNNER - RX

PARTNER 1		CUMULATIVE REPS
15 FRONT SQUATS (185/105)	<input type="text" value="15"/>	15
60 YARD RUN	<input type="text" value="2"/>	17
12 FRONT SQUATS (205/125)	<input type="text" value="12"/>	29
60 YARD RUN	<input type="text" value="2"/>	31

PARTNER 3		CUMULATIVE REPS
15 FRONT SQUATS (225/145)	<input type="text" value="15"/>	77
60 YARD RUN	<input type="text" value="2"/>	79
12 FRONT SQUATS (255/155)	<input type="text" value="12"/>	91
60 YARD RUN	<input type="text" value="2"/>	93

PARTNER 2		CUMULATIVE REPS
15 FRONT SQUATS (205/125)	<input type="text" value="15"/>	46
60 YARD RUN	<input type="text" value="2"/>	48
12 FRONT SQUATS (225/145)	<input type="text" value="12"/>	60
60 YARD RUN	<input type="text" value="2"/>	62

PARTNER 4		CUMULATIVE REPS
15 FRONT SQUATS (255/155)	<input type="text" value="15"/>	108
60 YARD RUN	<input type="text" value="2"/>	110
12 FRONT SQUATS (275/175)	<input type="text" value="12"/>	122
60 YARD RUN	<input type="text" value="2"/>	124

**MAX REPS COMPLETED**

**PART 1 TIME TO FINISH  
OR REPS COMPLETED**

**HEAT**

**LANE**

**NAME:** \_\_\_\_\_

**JUDGE NAME:** \_\_\_\_\_

# TEAM - WOD 3 - WAVE RUNNER - INT/MASTERS

## PARTNER 1

CUMULATIVE  
REPS

15 FRONT SQUATS (135/85)	<input type="text" value="15"/>	15
60 YARD RUN	<input type="text" value="2"/>	17
12 FRONT SQUATS (155/95)	<input type="text" value="12"/>	29
60 YARD RUN	<input type="text" value="2"/>	31

## PARTNER 2

CUMULATIVE  
REPS

15 FRONT SQUATS (155/95)	<input type="text" value="15"/>	46
60 YARD RUN	<input type="text" value="2"/>	48
12 FRONT SQUATS (175/105)	<input type="text" value="12"/>	60
60 YARD RUN	<input type="text" value="2"/>	62

## PARTNER 3

CUMULATIVE  
REPS

15 FRONT SQUATS (175/105)	<input type="text" value="15"/>	77
60 YARD RUN	<input type="text" value="2"/>	79
12 FRONT SQUATS (205/125)	<input type="text" value="12"/>	91
60 YARD RUN	<input type="text" value="2"/>	93

## PARTNER 4

CUMULATIVE  
REPS

15 FRONT SQUATS (205/125)	<input type="text" value="15"/>	108
60 YARD RUN	<input type="text" value="2"/>	110
12 FRONT SQUATS (225/145)	<input type="text" value="12"/>	122
60 YARD RUN	<input type="text" value="2"/>	124

**MAX REPS COMPLETED**

**PART 1 TIME TO FINISH  
OR REPS COMPLETED**

**HEAT**

**LANE**

**NAME:**

**JUDGE NAME:**

# TEAM - WOD 3 - WAVE RUNNER - SCALED

PARTNER 1		CUMULATIVE REPS
15 FRONT SQUATS (115/65)	<input type="text" value="15"/>	15
60 YARD RUN	<input type="text" value="2"/>	17
12 FRONT SQUATS (135/85)	<input type="text" value="12"/>	29
60 YARD RUN	<input type="text" value="2"/>	31

PARTNER 3		CUMULATIVE REPS
15 FRONT SQUATS (155/95)	<input type="text" value="15"/>	77
60 YARD RUN	<input type="text" value="2"/>	79
12 FRONT SQUATS (175/105)	<input type="text" value="12"/>	91
60 YARD RUN	<input type="text" value="2"/>	93

PARTNER 2		CUMULATIVE REPS
15 FRONT SQUATS (135/85)	<input type="text" value="15"/>	46
60 YARD RUN	<input type="text" value="2"/>	48
12 FRONT SQUATS (155/95)	<input type="text" value="12"/>	60
60 YARD RUN	<input type="text" value="2"/>	62

PARTNER 4		CUMULATIVE REPS
15 FRONT SQUATS (175/105)	<input type="text" value="15"/>	108
60 YARD RUN	<input type="text" value="2"/>	110
12 FRONT SQUATS (205/125)	<input type="text" value="12"/>	122
60 YARD RUN	<input type="text" value="2"/>	124

**MAX REPS COMPLETED**

**PART 1 TIME TO FINISH  
OR REPS COMPLETED**

**HEAT**

**LANE**

**NAME:**

**JUDGE NAME:**