INDY - WOD 2 - RIP TIDE RIDE - RX

10 MIN CAP

				CUMULATIVE REPS
30 CAL ECHO BIKE	10	10	10	30
20 HANDSTAND PUSH UPS	10	10		50
10 D-BALL CLEANS	10			60
10 WALL FACING STRICT HSPU	10			70
30 CAL ECHO BIKE	10	10	10	100

TIME TO FINISH
OR REPS COMPLETED

HEAT

NAME: _____

LANE

JUDGE NAME: _____

INDY - WOD 2 - RIP TIDE RIDE - INT./MASTERS 35-44

10 MIN CAP

				CUMULATIVE REPS
30 CAL ECHO BIKE	10	10	10	30
20 HANDSTAND PUSH UPS	10	10		50
10 D-BALL CLEANS	10			60
10 STRICT HANDSTAND PUSH UPS	10			70
30 CAL ECHO BIKE	10	10	10	100

TIME TO FINISH OR REPS COMPLETED

HEAT

NAME: _____

LANE

JUDGE NAME: _____

INDY - WOD 2 - RIP TIDE RIDE - TEEN/MASTERS 45+

10 MIN CAP

				CUMULATIVE REPS
30 CAL ECHO BIKE	10	10	10	30
20 HANDSTAND PUSH UPS	10	10		50
10 D-BALL CLEANS	10			60
10 STRICT HANDSTAND PUSH UPS	10			70
30 CAL ECHO BIKE	10	10	10	100

TIME TO FINISH OR REPS COMPLETED

HEAT

NAME: _____

LANE

JUDGE NAME: _____

INDY - WOD 2 - RIP TIDE RIDE - SCALED

10 MIN CAP

				CUMULATIVE REPS
30 CAL ECHO BIKE	10	10	10	30
10 HALF WALL WALKS	10			40
10 D-BALL CLEANS	10			50
10 HALF WALL WALKS	10			60
30 CAL ECHO BIKE	10	10	10	90

TIME TO FINISH OR REPS COMPLETED

HEAT

NAME: _____

LANE

JUDGE NAME: _____

TEAM - WOD 2 - RIP TIDE RIDE - RX, INT, MAS

AT 0:00 12 SYNCHRO BURPEES ☐

AT 4:00, 16 SYNCHRO BURPEES ☐

AT 8:00, 20 SYNCHRO BURPEES ☐

		CUMULATIVE REPS			CUMULATIVE REPS
4 SYNCHRO D-BALL CLEANS	☐	4	8 HANDSTAND PUSH UPS	☐	12
6 SYNCHRO D-BALL CLEANS	☐	18	12 HANDSTAND PUSH UPS	☐	30
8 SYNCHRO D-BALL CLEANS	☐	38	16 HANDSTAND PUSH UPS	☐	54
10 SYNCHRO D-BALL CLEANS	☐	64	20 HANDSTAND PUSH UPS	☐	84
12 SYNCHRO D-BALL CLEANS	☐	96	24 HANDSTAND PUSH UPS	☐	120
14 SYNCHRO D-BALL CLEANS	☐	134	28 HANDSTAND PUSH UPS	☐	162
16 SYNCHRO D-BALL CLEANS	☐	178	32 HANDSTAND PUSH UPS	☐	210
18 SYNCHRO D-BALL CLEANS	☐	228	36 HANDSTAND PUSH UPS	☐	264
20 SYNCHRO D-BALL CLEANS	☐	284	40 HANDSTAND PUSH UPS	☐	324

AMRAP REPS

MAX CALORIE TOTAL

HEAT

LANE

NAME: _____

JUDGE NAME: _____

TEAM - WOD 2 - RIP TIDE RIDE - SCALED

AT 0:00 12 SYNCHRO BURPEES ☐

AT 4:00, 16 SYNCHRO BURPEES ☐

AT 8:00, 20 SYNCHRO BURPEES ☐

		CUMULATIVE REPS			CUMULATIVE REPS
4 SYNCHRO D-BALL CLEANS	☐	4	2 WALL WALKS	☐	6
6 SYNCHRO D-BALL CLEANS	☐	12	6 WALL WALKS	☐	18
8 SYNCHRO D-BALL CLEANS	☐	26	10 WALL WALKS	☐	36
10 SYNCHRO D-BALL CLEANS	☐	46	14 WALL WALKS	☐	60
12 SYNCHRO D-BALL CLEANS	☐	72	18 WALL WALKS	☐	90
14 SYNCHRO D-BALL CLEANS	☐	104	22 WALL WALKS	☐	126
16 SYNCHRO D-BALL CLEANS	☐	142	26 WALL WALKS	☐	168
18 SYNCHRO D-BALL CLEANS	☐	186	30 WALL WALKS	☐	216
20 SYNCHRO D-BALL CLEANS	☐	236	34 WALL WALKS	☐	270

AMRAP REPS

MAX CALORIE TOTAL

HEAT

LANE

NAME: _____

JUDGE NAME: _____