

INDY- WOD 5 - LUNGE PLUNGE - RX MEN

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 155/105 (SHORTY BAR)

DB: 50/35 LBS

30 SHOULDER TO OVERHEAD

10	10	10
----	----	----

CUMULATIVE REPS
30

60 BOX JUMP OVERS

10	10	10	10	10	10
----	----	----	----	----	----

90

15 RING MUSCLE UPS

5	5	5
---	---	---

105

20 YARD OVERHEAD DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1
---	---	---	---

109

**TIME TO FINISH
OR REPS COMPLETED**

HEAT

LANE

NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGE PLUNGE - RX WOMEN

8 MIN CAP

BOX: 24 / 20 in

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10 RING MUSCLE UPS

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20 YARD OVERHEAD DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1
---	---	---	---

104

**TIME TO FINISH
OR REPS COMPLETED**

HEAT

LANE

NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGE PLUNGE - INT/MAS. WOMEN

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 135/95(SHORTY BAR)

DB: 50/35 LBS

30 SHOULDER TO OVERHEAD

10	10	10
----	----	----

CUMULATIVE REPS

30

60 BOX JUMP OVERS

10	10	10	10	10	10
----	----	----	----	----	----

90

10 BAR MUSCLE UPS

5	5
---	---

100

20 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1
---	---	---	---

104

TIME TO FINISH
OR REPS COMPLETED

HEAT

LANE

NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGE PLUNGE - INT/MAS. MEN

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 135/95(SHORTY BAR)

DB: 50/35 LBS

30 SHOULDER TO OVERHEAD

10	10	10

CUMULATIVE REPS

30

60 BOX JUMP OVERS

10	10	10	10	10	10

90

15 BAR MUSCLE UPS

5	5	5

105

20 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1

109

**TIME TO FINISH
OR REPS COMPLETED**

HEAT

LANE

NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGE PLUNGE - SCALED WOMEN

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 95/65 (SHORTY BAR)

DB: 35/25 LBS

30 SHOULDER TO OVERHEAD

10	10	10
----	----	----

CUMULATIVE REPS

30

60 BOX JUMP OVERS (STEP OVERS ALLOWED)

10	10	10	10	10	10
----	----	----	----	----	----

90

10 RENEGADE ROWS

5	5
---	---

100

20 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1
---	---	---	---

104

**TIME TO FINISH
OR REPS COMPLETED**

HEAT

LANE

NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGE PLUNGE - SCALED MEN

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 95/65 (SHORTY BAR)

DB: 35/25 LBS

30 SHOULDER TO OVERHEAD

10	10	10
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CUMULATIVE REPS
30

60 BOX JUMP OVERS (STEP OVERS ALLOWED)

10	10	10	10	10	10
----	----	----	----	----	----

90

15 RENEGADE ROWS

5	5	5
---	---	---

105

20 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1
---	---	---	---

109

TIME TO FINISH
OR REPS COMPLETED

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HEAT

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LANE

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NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGE PLUNGE - TEEN FEMALE

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 95/65 (SHORTY BAR)

DB: 35/25 LBS

30 SHOULDER TO OVERHEAD

10	10	10
----	----	----

CUMULATIVE REPS

30

60 BOX JUMP OVERS

10	10	10	10	10	10
----	----	----	----	----	----

90

10 PULL-UPS

5	5
---	---

100

20 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

1	1	1	1
---	---	---	---

104

**TIME TO FINISH
OR REPS COMPLETED**

HEAT

LANE

NAME:

JUDGE NAME:

INDY- WOD 5 - LUNGEPLUNGE - TEEN MALE

8 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 95/65 (SHORTY BAR)

DB: 35/25 LBS

30 SHOULDER TO OVERHEAD

<input type="text"/>	<input type="text"/>	<input type="text"/>
10	10	10

CUMULATIVE REPS

30

60 BOX JUMP OVERS

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
10	10	10	10	10	10

90

15 PULL - UPS

<input type="text"/>	<input type="text"/>	<input type="text"/>
5	5	5

105

20 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	1	1	1

109

TIME TO FINISH
OR REPS COMPLETED

HEAT

LANE

NAME:

JUDGE NAME:

TEAM - WOD 5 - LUNGE PLUNGE - RX

ONE ATHLETE WORKING AT A TIME - MUST COMPLETE IN ORDER - 10 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 155/105

DB: 50/35 LBS

80 BOX JUMP OVERS

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	80
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60 SHOULDER TO OVERHEAD

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	140
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40 RING MUSCLE-UPS

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	180
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40 YARD OVERHEAD DB LUNGE *(every 5 yards = 1 rep)*

<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	188
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**TIME TO FINISH
OR REPS COMPLETED**

HEAT

LANE

NAME:

JUDGE NAME:

TEAM - WOD 5 - LUNGE PLUNGE - INT/MAS.

ONE ATHLETE WORKING AT A TIME - MUST COMPLETE IN ORDER - 10 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 135/95

DB: 50/35 LBS

80 BOX JUMP OVERS

10	20	30	40	50	60	70	80
----	----	----	----	----	----	----	----

60 SHOULDER TO OVERHEAD

90	100	110	120	130	140
----	-----	-----	-----	-----	-----

40 BAR MUSCLE-UPS

150	160	170	180
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40 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

181	182	183	184	185	186	187	188
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**TIME TO FINISH
OR REPS COMPLETED**

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HEAT

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LANE

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NAME:

JUDGE NAME:

TEAM - WOD 5 - LUNGE PLUNGE - INT/MAS.

ONE ATHLETE WORKING AT A TIME - MUST COMPLETE IN ORDER - 10 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 135/95

DB: 50/35 LBS

80 BOX JUMP OVERS

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	80
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60 SHOULDER TO OVERHEAD

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	140
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40 BAR MUSCLE-UPS

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	180
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40 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="1"/>	188
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**TIME TO FINISH
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HEAT

LANE

NAME:

JUDGE NAME:

TEAM - WOD 5 - LUNGE PLUNGE - SCALED

ONE ATHLETE WORKING AT A TIME - MUST COMPLETE IN ORDER - 10 MIN CAP

BOX: 24 / 20 in

SHOULDER TO OVERHEAD: 95/65

DB: 35/25 LBS

80 BOX JUMP OVERS

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60 SHOULDER TO OVERHEAD

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	140
---------------------------------	---------------------------------	---------------------------------	---------------------------------	---------------------------------	---------------------------------	---------------------------------	-----

40 RENEGADE ROWS

<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	<input type="text" value="10"/>	180
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40 YARD FRONT RACK DB LUNGE *(every 5 yards = 1 rep)*

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OR REPS COMPLETED**

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LANE

NAME:

JUDGE NAME:
