

DT UP Score Card For All Divisions

World Wide WOD Retribution

Name: _____ **Division:** _____

Every 2 minutes on the minute – 9 Dead-lifts, 6 Hang Power Cleans, 3 Shoulder to Overhead

Starting Weights: RX, Masters 40: 135#/95# Scaled, Masters 50: 95#/65# Teen : 75#/55# Beginner : 65#/45#

Individual:

Starting Weight : _____ **Final Weight :** _____

Full Rounds Completed : _____ **X 18 reps :** _____

Partial Reps last round: _____ **= TOTAL :** _____

XY:

Partner One - Starting Weight : _____ **Final Weight :** _____

Full Rounds Completed : _____ **X 18 reps :** _____

Partial Reps last round: _____ **= TOTAL :** _____

Partner Two - Starting Weight : _____ **Final Weight :** _____

Full Rounds Completed : _____ **X 18 reps :** _____

Partial Reps last round: _____ **= TOTAL :** _____

TOTAL Burpee Reps (should be 10 times the full completed rounds in most cases):

TOTAL of ALL REPS : _____



**GLOBAL AFTERMATH
IS BACK THIS YEAR
BETTER THAN EVER...**

AUGUST 9th 2014