



BCROSS SUMMER GAMES 2025

SCORECARD

WOD 1 TEAMS

3 RND – FOR TIME

- 100x DOUBLE UNDER (ATHLET #1)
- 25x BAR FACING BURPEE (SYNCHRO 2)

- 75x DOUBLE UNDER (ATHLET #2)
- 25x BAR FACING BURPEE (SYNCHRO 2)

- 50x DOUBLE UNDER (ATHLET #3)
- 25x BAR FACING BURPEE (SYNCHRO 2)

*** SYNCHRO 2 – ANY TWO ATHLETES, NO SPECIFIC ORDER REQUIRED**

TIME:



BCROSS SUMMER GAMES 2025

SCORECARD

WOD 2 TEAMS

PART A) – 3' AMRAP

- MAX PULL UPS

PART B) – 5' WINDOW

- 1 RM FRONT SQUAT FROM RACK

ATHLET #1	ATHLET #2	ATHLET #3
_____kg	_____kg	_____kg
_____kg	_____kg	_____kg
_____kg	_____kg	_____kg

PART A) – REPS:

PART B) – WEIGHT: