



FINAL TEAM WOD

ISCARIOT

FINAL

TIME CAP: 15 MIN FOR TIME

A + B → (EACH ATHLETE PERFORMS) 20 CAL ROWER + 20 PISTOL SQUAT
IN THE MEANTIME: C → 9 FRONT SQUAT + 9 BURPEE OVER THE BARBELL
C → HANDSTAND WALK STRAIGHT TO A AND B
A + B + C WORM WALKING LUNGES

B + C → 20 CAL ROWER + 20 PISTOL SQUAT
IN THE MEANTIME A → 6 FRONT SQUAT + 6 BURPEE OVER THE BARBELL
A → HANDSTAND WALK STRAIGHT TO B AND C
A + B + C WORM WALKING LUNGES

A + C → 20 CAL ROWER + 20 PISTOL SQUAT
IN THE MEANTIME B → 3 FRONT SQUAT + 3 BURPEE OVER THE BARBELL
B → HANDSTAND WALK STRAIGHT TO A AND C
A + B + C WORM WALKING LUNGES
A + B + C SPRINT TO THE FINISH MAT



WEIGHT AND VARIATIONS

	CALORIES	PISTOLS	FRONT SQUAT	BURPEES
TEAM ELITE	20	√	Man 110/120/130 Woman 75/80/85	√
TEAM MASTER 110+	20	√	Man 90/100/110 Woman 60/65/70	√
TEAM SCALED	20	√	Man 90/100/110 Woman 60/65/70	√
TEAM EXPERIENCE	20	10 STEP BOX DUMBBELL 17,5/12,5	10 front squat 60/40 kg	10 burpees over

TEAM EXPERIENCE NO HANDSTAND WALK

