



BCROSS SUMMER GAMES 2025

SCORECARD

WOD 1 INDIVIDUALS

AMRAP - 20' MIN

- 5-10-15-... CAL ROW
- 10 SHUTTLE RUN [8m]
- 5-10-15-... PULL UPS

ROW	5	10	15	20	25	30	35	40	45	50
RUN	10	10	10	10	10	10	10	10	10	10
PULL	5	10	15	20	25	30	35	40	45	50
	*20	*30	*40	*50	*60	*70	*80	*90	*100	*110



BCROSS SUMMER GAMES 2025

SCORECARD

WOD 2 INDIVIDUALS

TIME CAP – 10' MIN

WEIGHT COMPLEX

- CLEAN
- FRONT SQUAT
- SHOULDER TO OVERHEAD
- FRONT SQUAT
- HANG CLEAN

_____kg	_____kg	_____kg
_____kg	_____kg	_____kg



BCROSS SUMMER GAMES 2025

SCORECARD

WOD 1 TEENS

AMRAP - 14' MIN

- 3-6-9-... CAL ROW
- 10 SHUTTLE RUN [8m]
- 3-6-9-... PULL UPS

ROW	3	6	9	12	15	18	21	24	27	30
RUN	10	10	10	10	10	10	10	10	10	10
T2B	3	6	9	12	15	18	21	24	27	30
	*16	*22	*28	*34	*40	*46	*52	*58	*64	*70



BCROSS SUMMER GAMES 2025

SCORECARD

WOD 2 TEENS

TIME CAP – 10' MIN

WEIGHT COMPLEX

- CLEAN
- FRONT SQUAT
- SHOULDER TO OVERHEAD

_____kg	_____kg	_____kg
_____kg	_____kg	_____kg