



2020 ALLSTAR ONLINE TEAM SERIES



EVENT 6

For Time - 7 Mins

TEAM NAME _____

WOD - 6

Max effort Synchro Burpee Box Jump Overs

Box Height all divisions (24 / 20")

*All Athletes must be synchronised at the bottom of the Burpee with the chest on the ground at the same time.

*Scaled / Master 45+ ONLY may step over

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |

Total Reps