



**MEDIOLANVM ARENA
QUALIFYING WOD**

AMRAP 12'

PARTNER 1:

ROW (CAL)

AT THE SAME TIME

PARTNER 2:

2 ROUND

7 THRUSTERS@40/25 KG

7 PULL-UPS

7 LATERAL BURPEES HAND RELEASE

THEN SWITCH

PARTNER1:

2 ROUND

7 THRUSTERS@40/25 KG

7 PULL-UPS

7 LATERAL BURPEES HAND RELEASE

PARTNER2:

ROW (CAL)

SCORE A: TOTAL AMOUNT OF CAL ROW

SCORE B: TOTAL AMOUNT OF REPS