



2020 OUT OF THE BOX COMPETITION

WORKOUT FLOATER

AMRAP - 2 Mins

WOD

Open - Handstand Push Ups

Scaled / Master 37 + / No equipment - Handstand push up OR Wall Walks

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	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70

HSPU

WALL WALKS

REPS COMPLETED