

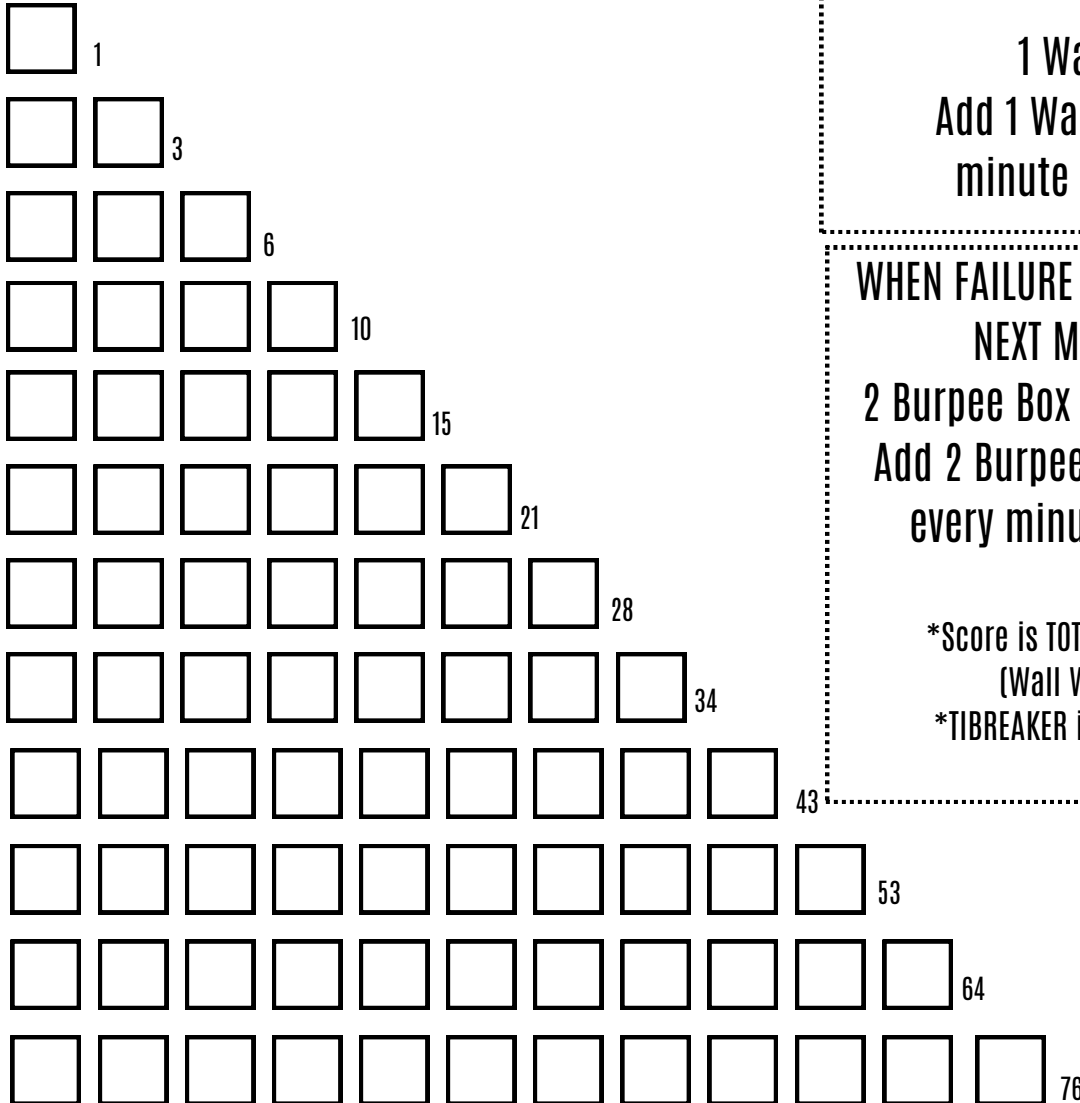
# OLQ

# TEST



# "DEATH BY ..."

## WALL WALKS



Every Minute On the Minute (EMOM)

1 Wall Walk  
Add 1 Wall Walk every  
minute until failure

WHEN FAILURE HAPPENS START THE  
NEXT MINUTE WITH:

2 Burpee Box Jump Overs 24/20  
Add 2 Burpee Box Jump Overs  
every minute until failure

\*Score is TOTAL REPS COMPLETED  
(Wall Walk + BBJO)  
\*TIBBREAKER is WALL WALK REPS

COMPLETED ROUNDS OF WALL WALKS

TOTAL NUMBER OF WALL WALKS

# OLQ

# TEST



# "DEATH BY ..."

## BURPEE BOX JUMP OVERS

1 2 2

1 2 1 2 4

1 2 1 2 1 2 6

1 2 1 2 1 2 1 2 8

1 2 1 2 1 2 1 2 1 2 10

1 2 1 2 1 2 1 2 1 2 1 2 12

1 2 1 2 1 2 1 2 1 2 1 2 1 2 14

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 16

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 18

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 20

WHEN FAILURE HAPPENS START THE NEXT MINUTE WITH:  
2 Burpee Box Jump Overs 24/20  
Add 2 Burpee Box Jump Overs every minute until failure

\*Score is TOTAL REPS COMPLETED (Wall Walk + BBJO)  
\*TIBBREAKER is WALL WALK REPS

COMPLETED ROUNDS OF BURPEE BBJOs

TOTAL NUMBER OF BBJOs