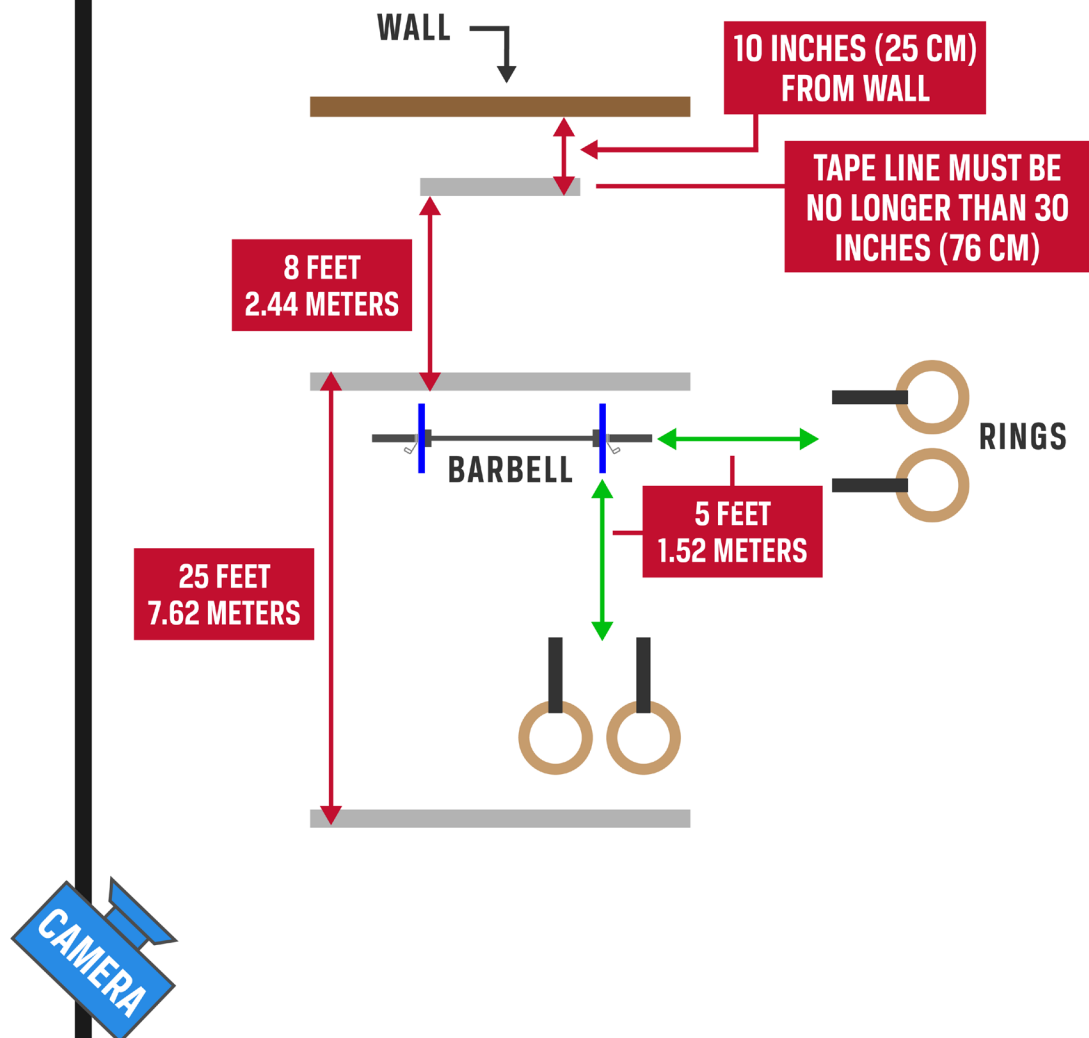


QUARTERFINALS INDIVIDUALS - TEST 1



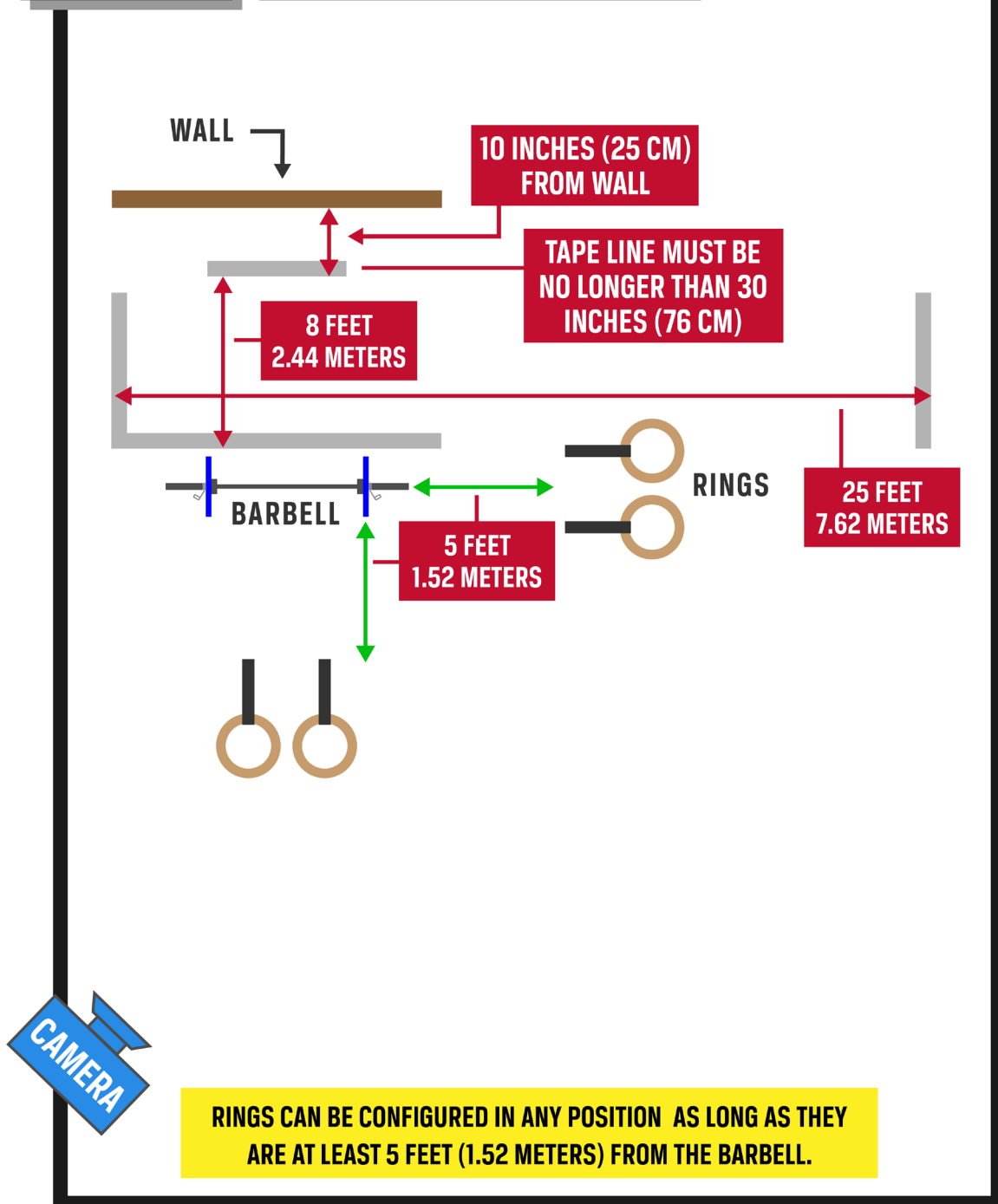
RINGS CAN BE CONFIGURED IN ANY POSITION AS LONG AS THEY ARE AT LEAST 5 FEET (1.52 METERS) FROM THE BARBELL.



GOWOD

MOBILITY FIRST

FREE MOBILITY FOR QUARTERFINALS



SCAN THE CODE

GOWOD

MOBILITY FIRST

FREE MOBILITY FOR QUARTERFINALS

NOBULL
CrossFit
GAMES
2023

QUARTERFINALS
INDIVIDUALS - TEST 2

DUMBBELL



SCAN THE CODE

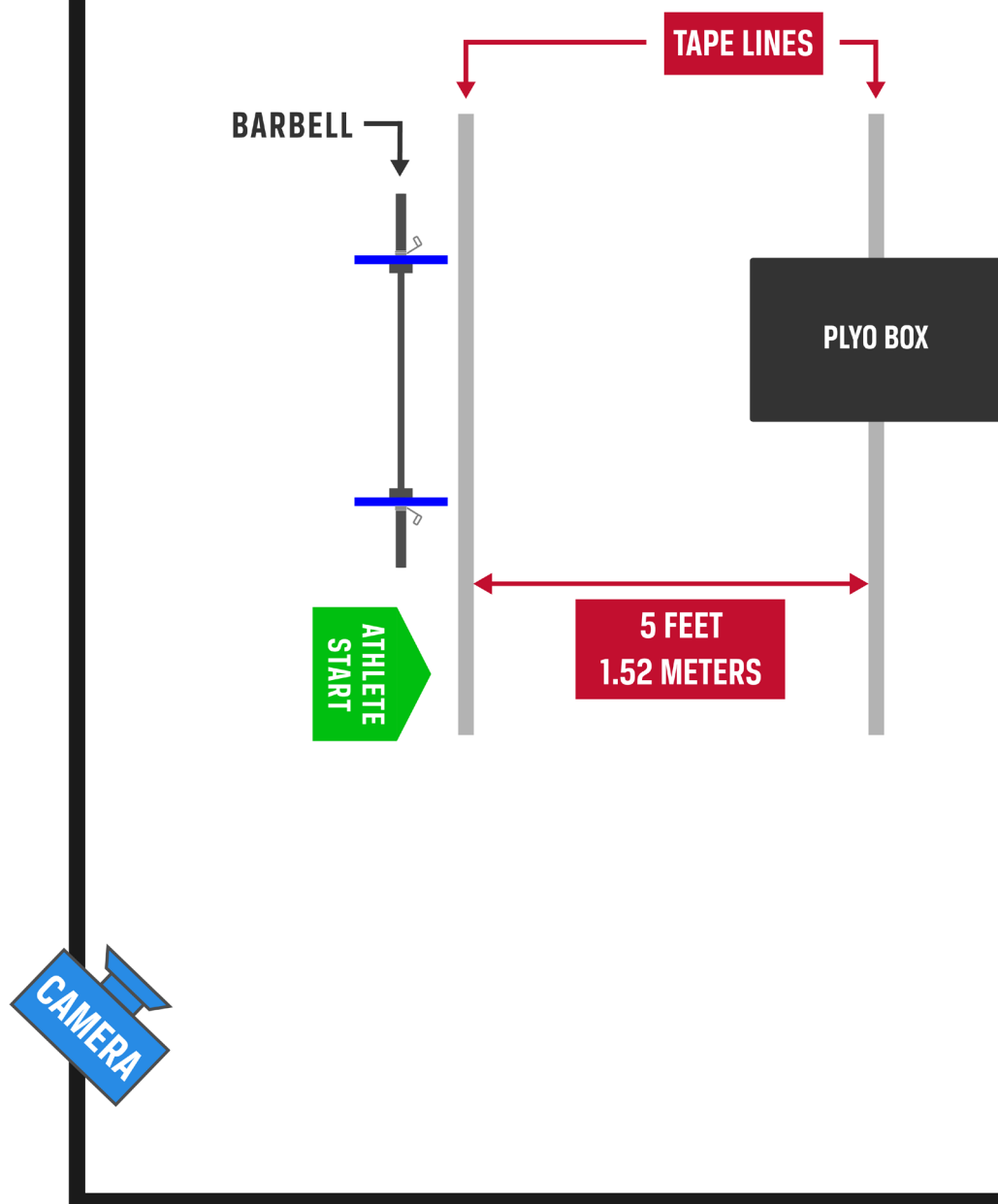
G  **WOD**

MOBILITY FIRST

FREE MOBILITY FOR QUARTERFINALS

QUARTERFINALS

INDIVIDUALS - TEST 3



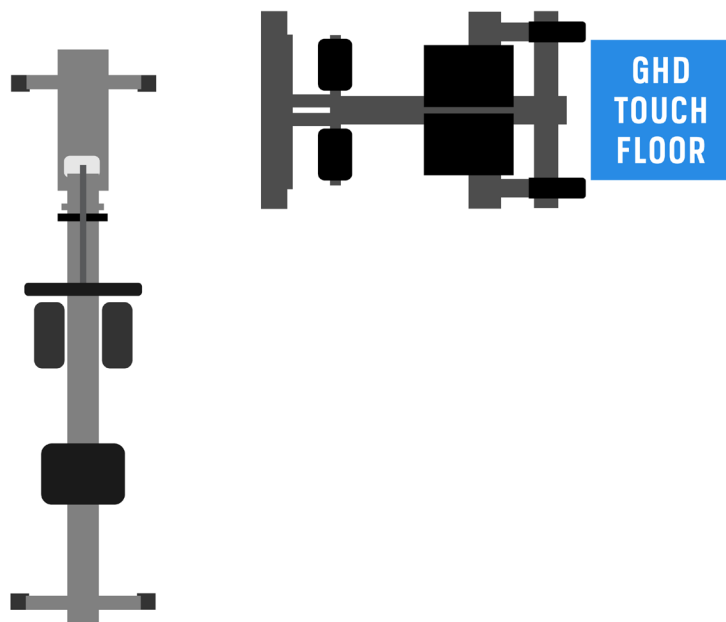
GOWOD

MOBILITY FIRST

FREE MOBILITY FOR QUARTERFINALS

NOBULL
CrossFit
GAMES
2023

QUARTERFINALS INDIVIDUALS - TEST 4

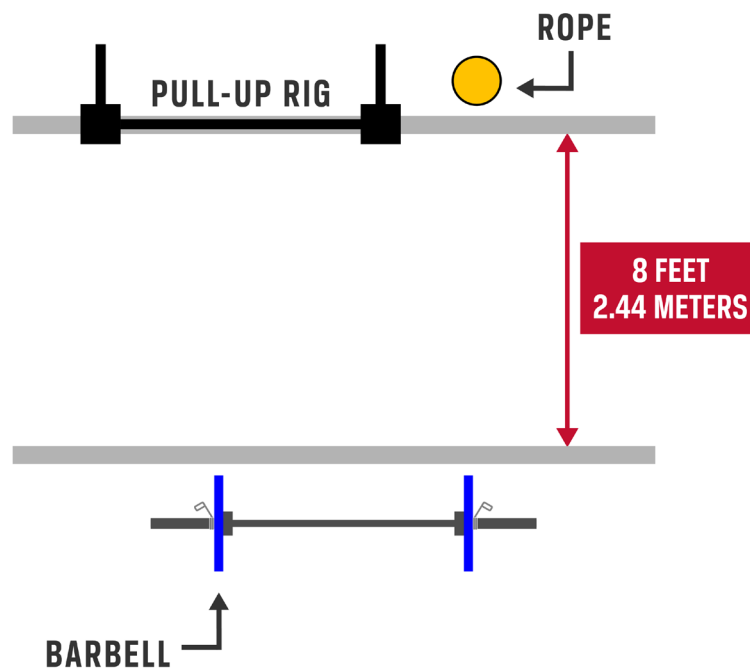


GOWOD

MOBILITY FIRST

FREE MOBILITY FOR QUARTERFINALS

QUARTERFINALS INDIVIDUALS - TEST 5



PULL-UP RIG AND ROPE CAN BE CONFIGURED ANYWHERE AS LONG AS THEY ARE AT LEAST 8 FEET (2.44 METERS) FROM THE BARBELL AREA.



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