The image contains a bar chart comparing performance metrics between two conditions (SUP and CTL) across two different WODs (WOD1 and WOD2). The chart shows the following performance metrics:

- **WOD1 T1 (sec)**: SUP = 488.79, CTL = 473.17
- **WOD1 T2 (sec)**: SUP = 472.85, CTL = 461.33
- **WOD2 T1 (reps)**: SUP = 200, CTL = 208.33
- **WOD2 T2 (reps)**: SUP = 220.92, CTL = 213.17