

 TEAM		NAME _____			
		€ M/M	€ F/F	€ RX	€ SCALED
		NAME Player ₁		NAME Player ₂	

AMRAP 8'

MOVEMENT	ROUND														
	1° P ₁	2° P ₂	3° P ₁	4° P ₂	5° P ₁	6° P ₂	7° P ₁	8° P ₂	9° P ₁	10° P ₂	11° P ₁	12° P ₂	13° P ₁	14° P ₂	15° P ₁
HANG POWER CLEAN															
BURPEES LATERAL JUMP															
WALL BALL SHOT															
TOTAL REPS															

1' REST

FOR TIME (time cap 8')

	Reps possible	Reps completed	Tot reps
PULL UP/toes to bar/knee rise	30		30
S. SNATCH /snatch	15		45
TIE BREAK - time			
CHEST TO BAR / pull up	24		69
S.SNATCH / snatch	12		81
TIE BREAK - time			
BAR MUSCLE UP / chest to bar pull up	18		99
S.SNATCH /snatch	9		108
FINAL SCORE TIME			

NOTE

DATE _____

NAME JUDGE _____

TEAM LEADER _____