



EVENT 1 – POWER HOUSE

TEAM NAME: _____

JUDGES NAME: _____

ADV.

INT.

MAST.

BEG.

FOR TIME (WITH A 20 MINUTE TIME CAP)

10 ROUNDS EACH

YOU GO – I GO

EACH PARTNER COMPLETES A FULL ROUND CONSISTING OF THE FOLLOWING:

5 Power Cleans

5 Front Squats

5 Shoulder to Overhead

10 Chest to Bar / Pull ups / Ring Rows

ADVANCED – 45KG & Chest to bar

INTERMEDIATE / MASTERS – 35KG & Pull-ups

(Masters may substitute 20 ring rows: 2 ring rows = 1 rep)

BEGINNERS – 25KG & Ring Rows

	5 Power Cleans	5 Front Squats	5 Shoulder to Overhead	10 C2B/ Pullups/Ring Rows	
Partner 1 Round 1					25
Partner 2 Round 1					50
Partner 1 Round 2					75
Partner 2 Round 2					100
Partner 1 Round 3					125
Partner 2 Round 3					150
Partner 1 Round 4					175
Partner 2 Round 4					200
Partner 1 Round 5					225
Partner 2 Round 5					250
Partner 1 Round 6					275
Partner 2 Round 6					300
Partner 1 Round 7					325
Partner 2 Round 7					350
Partner 1 Round 8					375
Partner 2 Round 8					400
Partner 1 Round 9					425
Partner 2 Round 9					450
Partner 1 Round 10					475
Partner 2 Round 10					500

Completed Time: _____ or Complete Reps if Time Capped _____

(* IF TIME CAPPED ENTER THE NUMBER OF COMPLETED REPS. Your score will be 20 minutes plus a second for every rep not completed.)