



EVENT 1

TEAM NAME: _____

JUDGES NAME: _____

ADV.

INT.

MAST.

RX	INTERMEDIATE / MASTERS
12 MIN AMRAP ONE PARTNER WORKING, ONE PARTNER RESTING HOLDING BARBELL IN FRONT RACK POSITION (40KG) 45 Double Unders 10 Front rack step back lunges @ 40kg 10 Chest to Bar Pull Ups	12 MIN AMRAP ONE PARTNER WORKING, ONE PARTNER RESTING HOLDING BARBELL IN FRONT RACK POSITION (30KG) 45 Double Unders 10 Front rack step back lunges @ 30kg 10 Pull Ups

* Partners can swap in and out as desired

* Work must stop if resting barbell is not in the front rack position

	45 Double Unders	10 Lunges	10 Chest to Bar / Pull Ups	
Round 1				65
Round 2				130
Round 3				195
Round 4				260
Round 5				325
Round 6				390
Round 7				455
Round 8				520
Round 9				585
Round 10				650
Round 11				715
Round 12				780
Round 13				845
Round 14				910
Round 15				975
Round 16				1,040

TOTAL REPS: _____



EVENT 1

TEAM NAME: _____

JUDGES NAME: _____

BEGINNERS.

BEGINNERS
12 MIN AMRAP
ONE PARTNER WORKING, ONE PARTNER RESTING BARBELL IN FRONT RACK POSITION (25KG)
90 single skips
10 Front rack step back lunges @ 25kg
10 Ring Rows

* Partners can swap in and out as desired

* Work must stop if resting barbell is not in the front rack position

	90 single skips	10 Lunges	10 Ring Rows	
Round 1				110
Round 2				220
Round 3				330
Round 4				440
Round 5				550
Round 6				660
Round 7				770
Round 8				880
Round 9				990
Round 10				1,100
Round 11				1,210
Round 12				1,320
Round 13				1,430
Round 14				1,540
Round 15				1,650
Round 16				1,760

TOTAL REPS: _____