



### EVENT 3

TEAM NAME: \_\_\_\_\_ JUDGES NAME: \_\_\_\_\_ ADV.  INT./MAS  BEG.

ADVANCED	INTERMEDIATE / MASTERS	BEGINNERS
<b>8 MIN AMRAP</b> 15 <u>SYNC</u> FRONT RACK DUMBBELL SQUATS (2 X 15KG) 10 <u>SYNC</u> TOES TO BAR 5 <u>SYNC</u> DEVILS PRESS (2 X 15KG)	<b>8 MIN AMRAP</b> 15 <u>SYNC</u> FRONT RACK DUMBBELL SQUATS (2 X 10KG) 10 <u>SYNC</u> TOES TO BAR 5 <u>SYNC</u> DEVILS PRESS (2 X 10KG)	<b>8 MIN AMRAP</b> 15 <u>SYNC</u> FRONT RACK DUMBBELL SQUATS (1 X 10KG) 20 <u>SYNC</u> KNEE RAISES FOR (2 knee raises = 1 rep) 5 <u>SYNC</u> DEVILS PRESS (1 X 10KG alternating)

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9
15 Front Rack dumbbell squat									
10 Toes to Bar/20 Knee Raises									
5 Devils Press									
<b>TOTAL</b>	<b>30</b>	<b>60</b>	<b>90</b>	<b>120</b>	<b>150</b>	<b>180</b>	<b>210</b>	<b>240</b>	<b>270</b>

Total Reps Completed: \_\_\_\_\_