

3' AMRAP

5' TO FIND

FOR TIME

MOVEMENT	REPS	REPS COMP	TOT REPS	REPS COMP	TOT REPS	REPS COMP	TOT REPS	REPS COMP	TOT REPS	REPS COMP	TOT REPS	
BAR MUSCLE UPS / CHEST TO BAR	3		3		21		39		57		75	
THRUSTER	6		9		27		45		63		81	
BAR FACING BURPEES	9		18		36		54		72		90	
2' REST												
3RM OVERHEAD SQUAT FROM THE GROUND	ATTEMPT KG1		ATTEMPT KG2		ATTEMPT KG3		ATTEMPT KG4		ATTEMPT KG5			
2' REST												
TIME CAP 8'	REPS POSSIBLE				REPS COMPLETED				TOT REPS			
TOES TO BAR	30								30			
BOX JUMP OVER	20								50			
DEADLIFT	10								60			
TIE BREAK TIME												
BOX JUMP OVER	20								80			
TOES TO BAR	30								110			
FINAL SCORE TIME												
CATEGORY	<input type="checkbox"/> RX _____ <input type="checkbox"/> OPEN _____ <input type="checkbox"/> JUNIOR											
ATHLETE NAME	GENDER				ATHLETE SIGNATURE				JUDGE			
	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE											