

TEAM NAME		 <p>"THE ATTACK OF THE BARBELLS PART I AND II"</p>		HEAT	
DIVISION				LANE	
<u> </u> RX					
PART I IN 3 MINUTES FIND A MAX COMPLEX					
NAME OF:	A1:	NAME OF:	A2:		
A1 WEIGHT		A2 WEIGHT			
TOTAL TEAM WEIGHT -					
<1 MINUTE BREAK>		AMRAP IN 12 MINUTES		PART II	
	ROUND 1			ROUND 2	
A1	60 Double Unders		A1	15 Deadlifts (185/125)	
A2	60 Double Unders		A1	15 Backsquats	
A1	10 Hang Snatches (115/75)		A2	15 Deadlifts (185/125)	
A1	10 Snatches		A2	15 Backsquats	
A1	10 Overhead Squats			SUBTRACT WEIGHT	480 Reps
A2	10 Hang Snatches (115/75)		A1	10 Hang Cleans (135/95)	
A2	10 Snatches		A1	10 Cleans	
A2	10 Overhead Squats		A1	10 Thrusters	
	ADD WEIGHT	180 Reps	A2	10 Hang Cleans (135/95)	
A1	10 Hang Cleans (135/95)		A2	10 Cleans	
A1	10 Cleans		A2	10 Thrusters	
A1	10 Thrusters			SUBTRACT WEIGHT	540 Reps
A2	10 Hang Cleans (135/95)		A1	10 Hang Snatches (115/75)	
A2	10 Cleans		A1	10 Snatches	
A2	10 Thrusters		A1	10 Overhead Squats	
	ADD WEIGHT	240 Reps	A2	10 Hang Snatches (115/75)	
A1	15 Deadlifts (185/125)		A2	10 Snatches	
A1	15 Backsquats		A2	10 Overhead Squats	
A2	15 Deadlifts (185/125)				600 Reps
A2	15 Backsquats		A1	60 Double Unders	
A1	60 Double Unders		A2	60 Double Unders	
A2	60 Double Unders				720 Reps
		420 Reps			
Athlete Name -				TOTAL REPS	
Athlete Signature -					
Judge Name -					
Judge Signature -					