

TEAM NAME		 <p>"THE ATTACK OF THE BARBELLS PART I AND II"</p>		HEAT	
DIVISION				LANE	
Super Scaled					
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	30 Single Unders		A1	15 Deadlifts (105/75)	
A2	30 Single Unders		A1	15 Backsquats	
A1	10 Hang Snatches (65/45)		A2	15 Deadlifts (105/75)	
A1	10 Snatches		A2	15 Backsquats	
A1	10 Overhead Squats			SUBTRACT WEIGHT	360 Reps
A2	10 Hang Snatches (65/45)		A1	10 Hang Cleans (75/55)	
A2	10 Snatches		A1	10 Cleans	
A2	10 Overhead Squats		A1	10 Thrusters	
	ADD WEIGHT	120 Reps	A2	10 Hang Cleans (75/55)	
A1	10 Hang Cleans (75/55)		A2	10 Cleans	
A1	10 Cleans		A2	10 Thrusters	
A1	10 Thrusters			SUBTRACT WEIGHT	420 Reps
A2	10 Hang Cleans (75/55)		A1	10 Hang Snatches (65/45)	
A2	10 Cleans		A1	10 Snatches	
A2	10 Thrusters		A1	10 Overhead Squats	
	ADD WEIGHT	180 Reps	A2	10 Hang Snatches (65/45)	
A1	15 Deadlifts (105/75)		A2	10 Snatches	
A1	15 Backsquats		A2	10 Overhead Squats	
A2	15 Deadlifts (105/75)				480 Reps
A2	15 Backsquats		A1	30 Single Unders	
A1	30 Single Unders		A2	30 Single Unders	
A2	30 Single Unders				540 Reps
		300 Reps			
Athlete Name -				TOTAL REPS	
Athlete Signature -					
Judge Name -					
Judge Signature -					