


TEAM NAME		 "SOLO & THE AMRAP STRIKES BACK"		HEAT	
DIVISION				LANE	
<b>Super Scaled</b>					
<b>SOLO</b>					
In 2 Minutes (1 Minute Per Athlete)					
<b>FIND A MAX SET OF UNBROKEN KNEES TO ELBOWS</b>					
NAME OF:	<b>A1:</b>	NAME OF:	<b>A2:</b>		
A1 REPS		A2 REPS			
TOTAL TEAM REPS -					
<1 MINUTE BREAK>					
<b>THE AMRAP STRIKES BACK</b>					
AMRAP In 13 Minutes					
2 Rounds Of:					
		Round 1		Round 2	
20 Alternating Wallballs (14/10)					
20 Synchro Hanging Knee Raises			40 Reps		100 Reps
Partner <b>Forward</b> Bear Crawl					
A1	10 Partner Over Burpees				
A2	10 Partner Over Burpees		60 Reps		120 Reps
Partner <b>Reverse</b> Bear Crawl					
<b>Followed By:</b>					
30 Alternating Wallballs (14/10)					
30 Synchro Hanging Knee Raises					180 Reps
Partner <b>Forward</b> Bear Crawl					
AMRAP Partner Over Burpees (5 at a Time)				Total Burpees -	
Athlete Name -				<b>TOTAL REPS</b>	
Athlete Signature -					
Judge Name -					
Judge Signature -					
** Co-Ed and Female use 10# Medball. Males use 14# Medball.					