

TEAM NAME		 <p>"THE ATTACK OF THE BARBELLS PART I AND II"</p>		HEAT	
DIVISION				LANE	
<b>Intermediate</b>					
<b>PART I IN 3 MINUTES FIND A MAX COMPLEX</b>					
NAME OF:	<b>A1:</b>	NAME OF:	<b>A2:</b>		
A1 WEIGHT		A2 WEIGHT			
<b>TOTAL TEAM WEIGHT -</b>					
<b>&lt;1 MINUTE BREAK&gt;</b>		<b>AMRAP IN 12 MINUTES</b>		<b>PART II</b>	
	<b>ROUND 1</b>			<b>ROUND 2</b>	
A1	60 Double Unders		A1	15 Deadlifts (155/105)	
A2	60 Double Unders		A1	15 Backsquats	
A1	10 Hang Snatches (95/65)		A2	15 Deadlifts (155/105)	
A1	10 Snatches		A2	15 Backsquats	
A1	10 Overhead Squats			<b>SUBTRACT WEIGHT</b>	480 Reps
A2	10 Hang Snatches (95/65)		A1	10 Hang Cleans (115/85)	
A2	10 Snatches		A1	10 Cleans	
A2	10 Overhead Squats		A1	10 Thrusters	
	<b>ADD WEIGHT</b>	180 Reps	A2	10 Hang Cleans (115/85)	
A1	10 Hang Cleans (115/85)		A2	10 Cleans	
A1	10 Cleans		A2	10 Thrusters	
A1	10 Thrusters			<b>SUBTRACT WEIGHT</b>	540 Reps
A2	10 Hang Cleans (115/85)		A1	10 Hang Snatches (95/65)	
A2	10 Cleans		A1	10 Snatches	
A2	10 Thrusters		A1	10 Overhead Squats	
	<b>ADD WEIGHT</b>	240 Reps	A2	10 Hang Snatches (95/65)	
A1	15 Deadlifts (155/105)		A2	10 Snatches	
A1	15 Backsquats		A2	10 Overhead Squats	
A2	15 Deadlifts (155/105)				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			
<b>Athlete Name -</b>				<b>TOTAL REPS</b>	
<b>Athlete Signature -</b>					
<b>Judge Name -</b>					
<b>Judge Signature -</b>					