

TEAM NAME		 <p>"THE ATTACK OF THE BARBELLS PART I AND II"</p>		HEAT	
DIVISION				LANE	
<u>          </u> <b>Scaled</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	30 Single Unders		A1	15 Deadlifts (135/95)	
A2	30 Single Unders		A1	15 Backsquats	
A1	10 Hang Snatches (75/55)		A2	15 Deadlifts (135/95)	
A1	10 Snatches		A2	15 Backsquats	
A1	10 Overhead Squats			<b>SUBTRACT WEIGHT</b>	360 Reps
A2	10 Hang Snatches (75/55)		A1	10 Hang Cleans (95/65)	
A2	10 Snatches		A1	10 Cleans	
A2	10 Overhead Squats		A1	10 Thrusters	
	<b>ADD WEIGHT</b>	120 Reps	A2	10 Hang Cleans (95/65)	
A1	10 Hang Cleans (95/65)		A2	10 Cleans	
A1	10 Cleans		A2	10 Thrusters	
A1	10 Thrusters			<b>SUBTRACT WEIGHT</b>	420 Reps
A2	10 Hang Cleans (95/65)		A1	10 Hang Snatches (75/55)	
A2	10 Cleans		A1	10 Snatches	
A2	10 Thrusters		A1	10 Overhead Squats	
	<b>ADD WEIGHT</b>	180 Reps	A2	10 Hang Snatches (75/55)	
A1	15 Deadlifts (135/95)		A2	10 Snatches	
A1	15 Backsquats		A2	10 Overhead Squats	
A2	15 Deadlifts (135/95)				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			
<b>Athlete Name -</b>				<b>TOTAL REPS</b>	
<b>Athlete Signature -</b>					
<b>Judge Name -</b>					
<b>Judge Signature -</b>					