


TEAM NAME		 <p>"SOLO & THE AMRAP STRIKES BACK"</p>	HEAT
DIVISION			LANE
Intermediate			
SOLO			
In 2 Minutes (1 Minute Per Athlete)			
FIND A MAX SET OF UNBROKEN BAR MUSCLE UPS			
NAME OF:	A1:	NAME OF:	A2:
A1 REPS		A2 REPS	
TOTAL TEAM REPS -			
<1 MINUTE BREAK>			
THE AMRAP STRIKES BACK			
AMRAP In 13 Minutes			
8 Alternating Rope Climbs			
20 Synchro Toes to Bar			
20 Alternating Wallballs (20#)			48 Reps
Partner Forward Bear Crawl			
A1	15 Partner Over Burpees		
A2	15 Partner Over Burpees		78 Reps
Partner Reverse Bear Crawl			
20 Synchro Chest to Bar Pull Ups			
20 Alternating Wallballs (20#)			118 Reps
Partner Forward Bear Crawl			
A1	15 Partner Over Burpees		
A2	15 Partner Over Burpees		148 Reps
Partner Reverse Bear Crawl			
3 Synchro Bar Muscle Ups			
Partner Forward Bear Crawl			151 Reps
AMRAP Partner Over Burpees (5 at a Time)			Total Burpees -
Athlete Name -			TOTAL REPS
Athlete Signature -			
Judge Name -			
Judge Signature -			