


TEAM NAME		 "SOLO & THE AMRAP STRIKES BACK"		HEAT			
DIVISION				LANE			
<u> </u> RX							
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							
2 Seated Legless Rope Climbs							
8 Alternating Rope Climbs							
30 Synchro Toes to Bar							
20 Alternating Wallballs (20#)				60 Reps			
Partner Forward Bear Crawl							
A1	15 Partner Over Burpees						
A2	15 Partner Over Burpees						
Partner Reverse Bear Crawl							
30 Synchro Chest to Bar Pull Ups							
20 Alternating Wallballs (20#)						140 Reps	
Partner Forward Bear Crawl							
A1	15 Partner Over Burpees						
A2	15 Partner Over Burpees						
Partner Reverse Bear Crawl							
5 Synchro Bar Muscle Ups						175 Reps	
Partner Forward Bear Crawl							
AMRAP Partner Over Burpees (5 at a Time)				Total Burpees -			
Athlete Name -				TOTAL REPS			
Athlete Signature -							
Judge Name -							
Judge Signature -							