


TEAM NAME		 "SOLO & THE AMRAP STRIKES BACK"	HEAT
DIVISION			LANE
<u> </u> Scaled			
SOLO			
In 2 Minutes (1 Minute Per Athlete)			
FIND A MAX SET OF UNBROKEN CHEST TO BAR PULL 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			
6 Alternating Rope Climbs			
15 Synchro Toes to Bar			
20 Alternating Wallballs (14#)			41 Reps
Partner Forward Bear Crawl			
A1	15 Partner Over Burpees		
A2	15 Partner Over Burpees		71 Reps
Partner Reverse Bear Crawl			
15 Synchro Pull Ups			
20 Alternating Wallballs (14#)			106 Reps
Partner Forward Bear Crawl			
A1	15 Partner Over Burpees		
A2	15 Partner Over Burpees		136 Reps
Partner Reverse Bear Crawl			
5 Synchro Chest to Bar Pull Ups			
20 Alternating Wallballs (14#)			141 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 -			