



EVENT 17.1b SCALED

FOR REPS / TIME CAP: 8 MINUTES

MOVEMENTS	1	2	3	4	5	6	7	8	9	10	11
4 DEADLIFTS MALE: 70KG FEMALE: 50KG											
8 ALT. LUNGES											
12 BAR FACING BURPEES											
POSSIBLE REPS	24	48	72	96	120	144	168	192	216	240	264

YOUR FINAL SCORE:
FOR TOTAL REPS

SCORE IS DETERMINED BY THE TOTAL AMOUNT OF REPS COMPLETED

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE