



Workout 18.1 - RX

TIME CAP: 25 MINUTES

100	Calorie Row	25	50	75	100
80	Dumbbell Hang Clean & Jerk	20	40	60	80
60	Box Jump Over	15	30	45	60
80	Alt. Single Arm Overhead Lunges	20	40	60	80
100	Calorie Row	25	50	75	100

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EVENT FINISHED <input type="checkbox"/>	CAPPED <input type="checkbox"/>
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YOUR FINAL SCORE:
TIME/REPS (if not finished in the Timecap)

SCORE IS DETERMINED BY THE **TIME** TO COMPLETE THE REPS

OR **REPS** COMPLETED AT THE TIME CAP

ATHLETE NAME	ATHLETE SIGNATURE

JUDGE NAME	JUDGE SIGNATURE

Weights for the Dumbbell:		Box:	
Individual	Men 22,5 Kg	Women 15 Kg	Men 60cm Women 50cm
Master	Men 22,5 Kg	Women 15 Kg	
Master+	Men 22,5 Kg	Women 15 Kg	
Master++	Men 15 Kg	Women 10 Kg	