



Workout 18.1 - Scaled

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. Front Rack Lunges	20	40	60	80
100	Calorie Row	25	50	75	100

EVENT FINISHED

CAPPED

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:

Men 15 Kg

Women 10 Kg

Box:

Men 60cm

Women 50cm