



FUNCTIONAL FLOSSING

Workout 18.2 - RX

MOVEMENTS	Round 1	Round 2	Round 3	Round 4	Round 5
Bar Muscle Ups	3	6	9	12	15
Thruster	3	6	9	12	15
Double Under	30	60	90	120	150
<i>Total Reps</i>	<i>36</i>	<i>108</i>	<i>216</i>	<i>360</i>	<i>540</i>

YOUR FINAL SCORE:

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE

Weights for the Barbell:

Individual	Men 60 Kg	Women 40 Kg
Masters	Men 50 Kg	Women 35 Kg
Master+	Men 50 Kg	Women 35 Kg
Master++	Men 40 Kg	Women 30 Kg