



**FUNCTIONAL  
FLOSSING**

# Workout 18.2 - SCALED

MOVEMENTS	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
Pull Ups	3	6	9	12	15	18	21	24
Thruster	3	6	9	12	15	18	21	24
Single Under	30	60	90	120	150	180	210	240
<b>Total Reps</b>	<b>36</b>	<b>108</b>	<b>216</b>	<b>360</b>	<b>540</b>	<b>756</b>	<b>1008</b>	<b>1296</b>

YOUR FINAL SCORE:

Large empty box for recording the final score.

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE

Weights for the Barbell:  
Men 35Kg      Women 25 Kg