



# Workout 18.3b - RX

3RM Overheadsquat	Your score from 18.3a		
MOVEMENTS	Round 1	Round 2	Round 3
6 Power Snatch	6	42	78
12 Toes to Bar	18	54	90
6 Hang Squat Snatch	24	60	96
12 Bar Facing Burpees	36	72	108

YOUR FINAL TIME for 3 Rounds of 6 Powersnatches, 12 Toes to Bar, 6 Hang Squat Snatches and 12 Bar Facing Burpees

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE

Weights for the Barbell:

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