



Workout 18.3b - Scaled

3RM Frontsquat			
Your score from 18.3a			
MOVEMENTS	Round 1	Round 2	Round 3
6 Power Clean	6	42	78
12 Knee Raises	18	54	90
6 Front Squat	24	60	96
12 Bar Facing Burpees	36	72	108

YOUR FINAL TIME for 3 Rounds of 6 Power Clean, 12 Knee Raises, 6 Front Squat and 12 Bar Facing Burpees

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE

Weights for the Barbell:

Individual Men 35 Kg Women 25 Kg