

**A) 0:00-7:00 AMRAP**

	10 MTS HSW (Wall Walks)		5 DEADLIFTS		10 BOX JUMP OVER	
R O U N D  1						
		5	10	15	20	25
	2	30	35	40	45	50
	3	55	60	65	70	75
	4	80	85	90	95	100
	5	105	110	115	120	125
	6	130	135	140	145	150
	7	155	160	165	170	175
	8	180	185	190	195	200

Reps at 7 minutes:

**B) 7:00-12:00 COMPLEX**

WEIGHT ATHLETE 1:

WEIGHT ATHLETE 2:

TOTAL WEIGHT:

**WORKOUT 4**

Team Name

Athletes Signature