

SCORECARD



Equipo _____

FOR TIME 10

60 ONE ARM DB HANG
SNATCH ALT (SYNCHRO 3)

30 PULL UPS (TOTALES)

50 ONE ARM DB LUNGES
FRONT RACK (SYNCHRO 3)

25 CHEST TO BAR (TOTALES)

40 ONE ARM DEVILL PRESS
ALT (SYNCHRO 3)

20 BAR MUSCLE UP (TOTALES)

60 ONE ARM DB HANG SNATCH		30 PULL UPS
	TIE BREAK	
50 ONE ARM DB LUNGES		25 CHEST TO BAR
	TIE BREAK	
40 ONE ARM DB DEVILL PRESS		20 BAR MUSCLE UP
	TIE BREAK	

Dumbbells _____ 35 | 25 | 20 LB

TIEMPO _____

CAP _____

JUEZ _____

CAPITAN _____