

SCORE CARD

OLQ3

AMRAP 12

9	PULL UPS	9
12	HANG POWER CLEAN	21
15	BOX JUMP OVER	36
9	PULL UPS	45
12	HANG POWER CLEAN	57
15	BOX JUMP OVER	72
9	PULL UPS	81
12	HANG POWER CLEAN	93
15	BOX JUMP OVER	108
9	PULL UPS	117
12	HANG POWER CLEAN	129
15	BOX JUMP OVER	144
9	PULL UPS	153
12	HANG POWER CLEAN	165
15	BOX JUMP OVER	180
9	PULL UPS	189
12	HANG POWER CLEAN	201
15	BOX JUMP OVER	216

H: 95 lbs-24" M: 65lbs -20"

ATLETA/EQUIPO

REPS

