



SHOWDOWN WEST CENTER
MORELIA, MICHOACAN
ALL CATEGORIES



WORKOUT 1A-1B
AMRAP 10 3-6-9-12... HANG POWER SNATCH OHS 6 BAR FACING BURPEE EVERY ROUND -REST 1:00- CAP 4' 1 RM CLEAN

AMRAP 10'	3	6	9	12	15	18	21	24
HANG POWER SNATCH	/3	/18	/39	/66	/100	/140	/185	/236
OVER HEAD SQUAT	/6	/24	/48	/78	/116	/158	/206	/260
6 BAR FACING BURPEES	/12	/30	/54	/84	/122	/164	/212	/266
SCORE 1A	/REPS							
REST 1'								
CAP 4'	1	2	3	4	5	6	7	8
1 RM CLEAN								
SCORE 1B	/LBS							

VARIANTES POR CATEGORÍA

PRINCIPIANTES Bar: 65/45 lbs
INTERMEDIOS Bar: 65/45 lbs

AVANZADOS
ELITE

Bar: 75/55 lb MASTER 35 Bar: 75/55 lbs
Bar: 75/55 lb MASTER 42 Bar: 65/45 lbs

WORKOUT 2
90 DOUBLE UNDERS 42 TOES TO BAR 12 STRICT HSPU 30 CHEST TO BAR 12 STRICT HSPU 18 BAR MUSCLE UPS 90 DOUBLE UNDERS

CAP 10'	
90 DU	/90
42 TTB	/132
12 SHSPU	/144
30 CH2B	/174
12 SHSPU	/186
18 BMU	/204
90 DU	/294
SCORE	
(reps/time)	

PRINCIPIANTE ☐ INTERMEDIO ☐
AVANZADO ☐ ELITE ☐
MASTER 35 ☐ MASTER 42 ☐

ATHLETES NAME	
BOX	
JUDGE:	
SIGN	



SHOWDOWN WEST CENTER
MORELIA, MICHOACAN
ALL CATEGORIES



WORKOUT 1A-1B
AMRAP 10 3-6-9-12... HANG POWER SNATCH OHS 6 BAR FACING BURPEE EVERY ROUND -REST 1:00- CAP 4' 1 RM CLEAN

AMRAP 10'	3	6	9	12	15	18	21	24
HANG POWER SNATCH	/3	/18	/39	/66	/100	/140	/185	/236
OVER HEAD SQUAT	/6	/24	/48	/78	/116	/158	/206	/260
6 BAR FACING BURPEES	/12	/30	/54	/84	/122	/164	/212	/266
SCORE 1A	/REPS							
REST 1'								
CAP 4'	1	2	3	4	5	6	7	8
1 RM CLEAN								
SCORE 1B	/LBS							

VARIANTES POR CATEGORÍA

PRINCIPIANTES	Bar: 65/45 lbs	AVANZADOS	Bar: 75/55 lb	MASTER 35	Bar: 75/55 lbs
INTERMEDIOS	Bar: 65/45 lbs	ELITE	Bar: 75/55 lb	MASTER 42	Bar: 65/45 lbs

WORKOUT 2
90 DOUBLE UNDERS 42 TOES TO BAR 15 HSPU 30 PULL UPS 15 HSPU 18 CH2B 90 DOUBLE UNDERS

CAP 10'	
90 DU	/90
42 TTB	/132
15 HSPU	/147
30 PULL UPS	/177
15 HSPU	/192
18 CH2B	/204
90 DU	/294
SCORE	

(reps/time)

PRINCIPIANTE ☐ INTERMEDIO ☐
AVANZADO ☐ ELITE ☐
MASTER 35 ☐ MASTER 42 ☐

ATHLETES NAME	
BOX	
JUDGE:	
SIGN	



SHOWDOWN WEST CENTER
MORELIA, MICHOACAN
ALL CATEGORIES



WORKOUT 1A-1B
AMRAP 10 3-6-9-12... HANG POWER SNATCH OHS 6 BAR FACING BURPEE EVERY ROUND -REST 1:00- CAP 4' 1 RM CLEAN

AMRAP 10'	3	6	9	12	15	18	21	24
HANG POWER SNATCH	/3	/18	/39	/66	/100	/140	/185	/236
OVER HEAD SQUAT	/6	/24	/48	/78	/116	/158	/206	/260
6 BAR FACING BURPEES	/12	/30	/54	/84	/122	/164	/212	/266
SCORE 1A	/REPS							
REST 1'								
CAP 4'	1	2	3	4	5	6	7	8
1 RM CLEAN								
SCORE 1B	/LBS							

VARIANTES POR CATEGORÍA

PRINCIPIANTES Bar: 65/45 lbs
INTERMEDIOS Bar: 65/45 lbs

AVANZADOS
ELITE

Bar: 75/55 lb MASTER 35 Bar: 75/55 lbs
Bar: 75/55 lb MASTER 42 Bar: 65/45 lbs

WORKOUT 2
60 DU 21 TOES TO BAR 9 WALL WALKS 15 PULL UPS 9 WALL WALKS 15 TOES TO BAR 60 DU

CAP 10'	
60 DU	/60
21 TTB	/81
9 WALL WALKS	/90
15 PULL UPS	/105
9 WALL WALKS	/114
15 TOES TO BAR	/129
60 DU	/189
SCORE	

(reps/time)

PRINCIPIANTE ☐ INTERMEDIO ☐
AVANZADO ☐ ELITE ☐
MASTER 35 ☐ MASTER 42 ☐

ATHLETES NAME	
BOX	
JUDGE:	
SIGN	



SHOWDOWN WEST CENTER
MORELIA, MICHOACAN
ALL CATEGORIES



WORKOUT 1A-1B
AMRAP 10 3-6-9-12... HANG POWER SNATCH OHS 6 BAR FACING BURPEE EVERY ROUND -REST 1:00- CAP 4' 1 RM CLEAN

AMRAP 10'	3	6	9	12	15	18	21	24
HANG POWER SNATCH	/3	/18	/39	/66	/100	/140	/185	/236
OVER HEAD SQUAT	/6	/24	/48	/78	/116	/158	/206	/260
6 BAR FACING BURPEES	/12	/30	/54	/84	/122	/164	/212	/266
SCORE 1A	/REPS							
REST 1'								
CAP 4'	1	2	3	4	5	6	7	8
1 RM CLEAN								
SCORE 1B	/LBS							

VARIANTES POR CATEGORÍA

PRINCIPIANTES Bar: 65/45 lbs
INTERMEDIOS Bar: 65/45 lbs

AVANZADOS
ELITE

Bar: 75/55 lb MASTER 35 Bar: 75/55 lbs
Bar: 75/55 lb MASTER 42 Bar: 65/45 lbs

WORKOUT 2
90 SU 42 KNEE RAISES 5 WALL WALKS 15 PULL UPS (KIPPING) 5 WALL WALKS 30 KNEE RAISES 90 SU

CAP 10'	
0 SINGLE UNDER	/90
42 KNEE RAISES	/132
5 WALL WALKS	/137
15 PULL UPS	/152
5 WALL WALKS	/157
30 KNEE RAISES	/187
0 SINGLE UNDER	/277
SCORE	

(reps/time)

PRINCIPIANTE ☐ INTERMEDIO ☐
AVANZADO ☐ ELITE ☐
MASTER 35 ☐ MASTER 42 ☐

ATHLETES NAME	
BOX	
JUDGE:	
SIGN	



SHOWDOWN WEST CENTER
MORELIA, MICHOACAN
ALL CATEGORIES



WORKOUT 1A-1B
AMRAP 10 3-6-9-12... HANG POWER SNATCH OHS 6 BAR FACING BURPEE EVERY ROUND -REST 1:00- CAP 4' 1 RM CLEAN

AMRAP 10'	3	6	9	12	15	18	21	24
HANG POWER SNATCH	/3	/18	/39	/66	/100	/140	/185	/236
OVER HEAD SQUAT	/6	/24	/48	/78	/116	/158	/206	/260
6 BAR FACING BURPEES	/12	/30	/54	/84	/122	/164	/212	/266
SCORE 1A	/REPS							
REST 1'								
CAP 4'	1	2	3	4	5	6	7	8
1 RM CLEAN								
SCORE 1B	/LBS							

VARIANTES POR CATEGORÍA

PRINCIPIANTES
INTERMEDIOS

Bar: 65/45 lbs
Bar: 65/45 lbs

AVANZADOS
ELITE

Bar: 75/55 lb MASTER 35 Bar: 75/55 lbs
Bar: 75/55 lb MASTER 42 Bar: 65/45 lbs

WORKOUT 2
90 DOUBLE UNDERS 42 TOES TO BAR 12 HSPU 30 PULL UPS 12 HSPU 18 CH2B 90 DOUBLE UNDERS

CAP 10'	
90 DU	/90
42 TTB	/132
12 HSPU	/144
30 PULL UPS	/174
12 HSPU	/186
18 CH2B	/204
90 DU	/294
SCORE	

(reps/time)

PRINCIPIANTE
AVANZADO
MASTER 35

☐ INTERMEDIO ☐
☐ ELITE ☐
☐ MASTER 42 ☐

ATHLETES NAME	
BOX	
JUDGE:	
SIGN	



SHOWDOWN WEST CENTER
MORELIA, MICHOACAN
ALL CATEGORIES



WORKOUT 1A-1B
AMRAP 10 3-6-9-12... HANG POWER SNATCH OHS 6 BAR FACING BURPEE EVERY ROUND -REST 1:00- CAP 4' 1 RM CLEAN

AMRAP 10'	3	6	9	12	15	18	21	24
HANG POWER SNATCH	/3	/18	/39	/66	/100	/140	/185	/236
OVER HEAD SQUAT	/6	/24	/48	/78	/116	/158	/206	/260
6 BAR FACING BURPEES	/12	/30	/54	/84	/122	/164	/212	/266
SCORE 1A	/REPS							
REST 1'								
CAP 4'	1	2	3	4	5	6	7	8
1 RM CLEAN								
SCORE 1B	/LBS							

VARIANTES POR CATEGORÍA

PRINCIPIANTES
INTERMEDIOS

Bar: 65/45 lbs
Bar: 65/45 lbs

AVANZADOS
ELITE

Bar: 75/55 lb MASTER 35
Bar: 75/55 lb MASTER 42
Bar: 65/45 lbs

WORKOUT 2
75 DU 30 TOES TO BAR 12 HSPU 24 PULL UPS 12 HSPU 12 C2B 75 DU

CAP 10'	
75 DU	/75
30 TTB	/105
12 HSPU	/117
24 PULL UPS	/141
12 HSPU	/153
12 CH2B	/165
75 DU	/240
SCORE	

(reps/time)

PRINCIPIANTE
AVANZADO
MASTER 35

☐ INTERMEDIO
☐ ELITE
☐ MASTER 42

ATHLETES NAME	
BOX	
JUDGE:	
SIGN	