



"Are You Gonna Go My Way"

Amrap 14'

4 Rounds

12/9 Cal Row

9 Alternate DB Snatch

6 Toes To Bar

Then max. Reps of:

Devil Over Box

Cal Row	1	2	3	4	5	6	7	8	9	10	11	12
Alt DB Snatch	1	2	3	4	5	6	7	8	9			
T2B	1	2	3	4	5	6						
Cal Row	1	2	3	4	5	6	7	8	9	10	11	12
Alt DB Snatch	1	2	3	4	5	6	7	8	9			
T2B	1	2	3	4	5	6						
Cal Row	1	2	3	4	5	6	7	8	9	10	11	12
Alt DB Snatch	1	2	3	4	5	6	7	8	9			
T2B	1	2	3	4	5	6						
Cal Row	1	2	3	4	5	6	7	8	9	10	11	12
Alt DB Snatch	1	2	3	4	5	6	7	8	9			
T2B	1	2	3	4	5	6						
Devil Over Box	Reps											

VARIATIONS:

Rx: 22,5 kg / 15 kg.

Int: 20 kg / 12,5 kg

SC: 17,5 kg / 10 kg - Push Up Release

MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3:

Judge's name: _____

TOTAL REPS: _____

Athlete name: _____

Athlete's signature:

Rx Int Sc