



## "COWBOYS FROM HELL"

### AMRAP 9'

3 Ring Muscle Up  
6 Dumbbell Cluster  
(Double DB)  
9 Box Step Up Over with  
Double DB

### VARIATIONS

RX: **M.** 22,5 kg  
**F.** 15 kg  
INT: **M.** 20 kg  
**F.** 12,5 kg  
SC: **M.** 17,5 kg  
**F.** 10 kg

**\*NOTE: Int.... Bar Muscle Up**  
**Sc..... Chest to Bar**

ROUNDS	Ring Muscle Up			Dumbbell Cluster						Box Step Up Over								
	1	2	3	1	2	3	4	5	6	1	2	3	4	5	6	7	8	9
Round 1																		
Round 2																		
Round 3																		
Round 4																		
Round 5																		
Round 6																		
Round 7																		
Round 8																		
Round 9																		
Round 10																		
Round 11																		
Round 12																		
Round 13																		
Round 14																		

Athlete's signature: \_\_\_\_\_

Judge's signature: \_\_\_\_\_

TOTAL REPS: \_\_\_\_\_

Athlete name: \_\_\_\_\_

Judge's name: \_\_\_\_\_

Rx

Int

Sc