



"Killing In The Name"

2 ROUNDS:
2' ON - 1' OFF

A:

30 Wall Ball
Max T2B

B:

15 Hang Power Clean & Jerk
Max Burpee Over Bar

C:

10 Bar MU
Max KB Hang Power Snatch

VARIATIONS:

Rx: 60 kg -KB 28 / 40 kg -KB 20

Int: 50 kg -KB 24 / 35 kg -KB 16. Harán 15 C2B

Sc: 40 kg -KB 20 / 25 kg -KB 12. Harán 20 Pull Up

Wall Ball	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30

Max T2B	
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Hang Power C & J	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15					

Max Burpee O B	
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Bar Muscle Up	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20

Max KB HPS	
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Wall Ball	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30

Max T2B	
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Hang Power C & J	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15					

Max Burpee O B	
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Bar Muscle Up	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20

Max KB HPS	
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Athlete's signature:

Judge's signature:

TOTAL REPS: _____

Athlete name: _____

Rx Int Sc