



"PARANOID"

3 ROUNDS (NO REST BETWEEN ROUNDS)

ROUND 1 CAP 5'

400/330 m Row
10 Burpee Box Jump Over
7 Squat Clean 70 /50 kg

Cal Row	100	200	300	400															
Burpee Box Jump Over	1	2	3	4	5	6	7	8	9	10									
Squat Clean	1	2	3	4	5	6	7												

ROUND 2 CAP 5'

400/330 m Row
10 Burpee Box Jump Over
5 Squat Clean 80 /60 kg

Cal Row	100	200	300	400															
Burpee Box Jump Over	1	2	3	4	5	6	7	8	9	10									
Squat Clean	1	2	3	4	5														

ROUND 3 CAP 5'

400/330 m Row
10 Burpee Box Jump Over
3 Squat Clean 100 /75 kg

Cal Row	100	200	300	400															
Burpee Box Jump Over	1	2	3	4	5	6	7	8	9	10									
Squat Clean	1	2	3																

PESOS:

Rx: 70-80-100 / 50-60-75 kg

Im: 60-70-80 / 40-50-60 kg

Sc: 50-60-70 / 30-35-45 kg

Judge's name: _____

TOTAL TIME A / REPS: _____

TOTAL TIME B / REPS: _____

TOTAL TIME C / REPS: _____

Athlete name: _____

Athlete's signature: _____

Rx Int Sc

MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3:

Ejerc. escalado 4:

Ejerc. escalado 5:

Ejerc. escalado 6: