



"ROUTE 666"

EVENT 1

AMRAP 4x3' (2' rest between)

3' Ring MU (sc: Pull UP)

2' rest

3' Pistol (sc: Squat jump)

2' rest

3' HSPU (sc: Push up release)

2' rest

3' Bar MU. (sc: Chest to Bar)

Ring MU	
Pistols	
HSPU	
Bar MU	

3 reps Back S	3	18	33	48	63	78	93	108	123	138
5 reps Bench Press	8	23	38	53	68	83	98	113	128	143
7 Power Clean	15	30	45	60	75	90	105	120	135	150

EVENT 2

10 Ronds for time

3 Back Squat

5 Bench Press

7 Power Clean

Row	
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EVENT 3

10/8 K Row

VARIATIONS

M. F.

RX: 110-80-85 kg / 80-50-55 kg

INT: 100-70-75 kg / 65-40-45 kg

SC: 90-60-65 kg / 50-30-35 kg

TOTAL REPS EVENT 1 : _____

TOTAL TIME/REPS EVENT 2 : _____

TOTAL TIME EVENT 3 : _____

Athlete's signature:

Athlete name: _____

Judge's signature:

Name:

Name:

Name:

Rx

Int

Sc