



"The Day That Never Comes"

FOR TIME...

A. 0'-5'

50 BAR FACING BURPEE

BAR FACING BURPEE	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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50

B. 5'-10'

3 ROUNDS

12 DEADLIFT

12 HANG POWER CLEAN

	RONDAS		
	1	2	3
DEADLIFT	12	12	12
HANG POWER CLEAN	10	10	10

C. 10'-15'

50 BAR FACING BURPEE

BAR FACING BURPEE	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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50

PESOS.

RX: 60/40

INT: 50 /30

SC: 40 /25

EJERCICIOS ESCALADOS

Ejerc. 1:

Ejerc. 2:

Ejerc. 3:

A.	B.	C.
Total Time/Reps	Total Time/Reps	Total Time/Reps

Judge's name
Judge's signature

Athlete's name
Athlete's signature

CATEGORÍA

RX INT SC